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Economy Recipes FOR **CANADA'S "HOUSOLDIERS"**

HOME SERVICE DEPARTMENT

THE CANADA STARCH COMPANY LIMITED — MONTREAL — TORONTO

Recipes to suit the HOUSOLDIER'S BUDGET



THE housewives of Canada are the "Housoldiers", serving the Nation truly and well by providing appetizing and nourishing meals that protect and preserve the health of their families.

The recipes presented in this booklet are planned for the preparation of tasty treats which will add variety and nourishment to your daily menus. The majority include only those ingredients which, at time of writing, were obtainable at your grocer's. The few which contain ingredients now difficult to obtain, are included as being of value for special occasions, or at times when the required ingredients are available.

CROWN BRAND CORN SYRUP

This delicious syrup is extremely easy to digest. It is rich in Maltose and Dextrose, vital food elements for strength and sturdy growth. "Crown Brand" has a delightful flavour which will make the foods you prepare with its aid still more delicious.

KARO

A rich golden corn syrup which can be used in the same way and proportions as outlined for "Crown Brand". Many housewives prefer its different and distinctive flavour.

LILY WHITE CORN SYRUP

A clear white syrup, especially recommended for use in making jellies or candies, where its clear white transparency is desirable. Also a delicious and wholesome table sweet.

BENSON'S CORN STARCH

CANADA CORN STARCH

Famous throughout Canada for the purity and high quality which ensures perfect smooth results. Most reliable for any purpose for which corn starch is used in the home.

MAZOLA

THE IDEAL SALAD OIL

Unexcelled for making mayonnaise or salad dressings. Mazola is unequalled for deep frying or sauteing. Most economical to use, as it does not transmit the flavour or odour of one food to another—and can be used over and over again.

The CANADA STARCH COMPANY, LIMITED - Montreal - Toronto

Canada's oldest and largest Manufacturers of products made from corn.



This booklet has been prepared with the purpose of guiding Canadian housewives in the preparation of nourishing and economical meals, within the possibilities of a restricted budget. Many of the recipes included herein call for the use of one or more of the essential foods listed in Canada's Official Food Rules.

It is suggested that, in order to buy wisely and to serve healthful and appetizing meals, you should follow carefully the current releases by the Provincial and Federal Government Departments on the subject. These, in addition to interesting and informative articles by food experts, will be found in the cooking sections of our newspapers and national magazines.

Jane Ashley

CANADA STARCH HOME SERVICE DEPARTMENT
March, 1943

KNOW CANADA'S FOOD RULES Eat these foods daily

MILK—Adults, one-half pint. Children more than one pint. And some cheese.

FRUITS—One serving of tomatoes daily, or of a citrus fruit, or of tomato or citrus fruit juices, and one serving of other fruits, fresh, canned, or dried.

VEGETABLES—(In addition to potatoes, of which you need one serving daily)—Two servings daily of vegetables, preferably leafy green, or yellow, and frequently raw.

CEREALS and BREAD—One serving of a whole grain cereal and four to six slices of Canada-approved bread, brown or white.

MEAT, FISH, EGGS, etc.—One serving a day of meat, fish or meat substitutes. Liver, heart or kidney once a week. Eggs, at least three or four weekly.

PLUS ANY OTHER FOODS YOU WISH
Join CANADA'S
FOOD FOR FITNESS CAMPAIGN

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TIMELY RECIPES which will help replace foods not being canned in wartime: Old-Fashioned Baked Beans—p. 15; Spaghetti with Tomato Sauce—p. 16; Cream Soups (see Thin White Sauce—p. 16); Canadian Pea Soup—p. 15.

MEAT SUBSTITUTES—Fish, eggs, cheese and milk (and other foods which do not, however, contain protein of such high quality as these) may be served in a variety of forms to replace meat dishes. These should be served in satisfying quantities, or in various combinations, to make up for the amount of meat or fish replaced. See Recipes: Welsh Rarebit—p. 16; Spaghetti and Macaroni Dishes—p. 14-16; Cream Soups—p. 16; White Sauce (with eggs or cheese)—p. 16; Canadian Pea Soup—p. 15.

Recipes

The fine quality of BENSON'S CORN STARCH or CANADA CORN STARCH ensures delightfully satisfying results in your pie and cake fillings, desserts, sauces, gravies or baked foods. But it is well to remember that CORN STARCH has much thickening power and so demands absolute accuracy in measuring. All measurements in the following recipes are for level spoonfuls.

When CROWN BRAND CORN SYRUP is used to replace sugar in baked products such as cakes and cookies, specially planned and tested recipes such as the following are advised. While it may partially or wholly replace sugar where the recipe originally calls for sugar, the use of CORN SYRUP, a liquid sweetener, necessitates revisions in amounts of the other ingredients.

CAKES

APPLESAUCE CAKE

Temp.: 350° F. Time: 50-60 minutes

1/4 cup butter
1/4 cup shortening
1/2 cup brown sugar, firmly packed
1/2 cup Crown Brand Corn Syrup
1 egg, unbeaten
2 cups sifted all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon ground nutmeg
1 cup thick applesauce (unsweetened)
1/4 cup chopped raisins (if available)

Cream butter, shortening and sugar thoroughly; blend in the *Crown Brand Syrup*. Add egg, and beat mixture well. Sift together dry ingredients and add to creamed mixture alternately with applesauce. Add raisins. Pour into pan 8" x 8" x 2" lined with waxed paper, and bake in a moderate oven (350° F.) for 50 to 60 minutes. While still warm, dust lightly with powdered sugar.

Variation:

Spiced Autumn Ring (a dessert)—Follow recipe for Applesauce Cake. When batter is ready fill a well-greased, floured (9") mould 2/3 full and bake in a moderate oven (325° F. to 350° F.) for 45 to 50 minutes. Turn out carefully on serving platter and in the centre opening of the unmoulded ring place a chilled bowl of Foamy Sauce (recipe page 12). Serves 8.

Note: This batter may be baked in well-greased, floured cup-cake tins.

EGGLESS SPICE CAKE

Temp.: 350° F. Time: 1 hour

1 cup seedless raisins or currants
1/2 cup brown sugar
1/2 cup Crown Brand Corn Syrup
1 cup boiling water
1/3 cup melted fat
1 teaspoon salt
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
2 cups sifted all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder

Combine raisins or currants, sugar, *Crown Brand Syrup*, boiling water, melted fat, salt and spices, in saucepan. Place over moderate heat and simmer gently for 5 minutes. Cool. Add sifted flour, baking soda and baking powder; mix thoroughly and turn into a greased loaf pan 9" x 5" x 3". Bake in a moderate oven (350° F.) for 1 hour. (This cake is deliciously moist and does not require icing.)

GINGER SPICE CAKE

Temp.: 350° F. Time: 30-35 minutes

1/2 cup lard, shortening, or home-rendered fat
1/4 cup brown sugar
1/4 cup Crown Brand Corn Syrup
1/2 cup boiling water
2 1/4 cups sifted pastry flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 teaspoon ground ginger
2 eggs, well beaten

Cream lard, shortening or home-rendered fat and gradually beat in sugar and *Crown Brand Syrup*. Add boiling water and let stand until lukewarm. Then add sifted dry ingredients in 3 lots, beating well after each addition. Add well-beaten eggs and blend mixture with rotary eggbeater. (This is a very thin batter). Pour into a well-greased pan 8" x 12" and bake in a moderate oven (350° F.) for 30 to 35 minutes. While still warm, dust top with powdered sugar.

IMPERIAL CHOCOLATE CAKE

Temp.: 350° F. Time: 45-50 minutes

*1/4 cup butter
1/4 cup lard or shortening
1/2 cup sugar
1/2 cup Crown Brand Corn Syrup
3 (1-oz.) squares unsweetened chocolate, melted
1/2 teaspoon vanilla
2 eggs, unbeaten
1 1/4 cups sifted pastry flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 cup milk

Cream butter and lard or shortening thoroughly with sugar. Gradually beat in *Crown Brand Syrup*; add melted chocolate and vanilla. Add unbeaten eggs, one at a time, beating well after each is added. Add sifted dry ingredients alternately with milk; turn mixture into a pan 8" x 8" x 2" lined with waxed paper, and bake in a moderate oven (350° F.) for 45 to 50 minutes, or—bake in two 9" layer cake pans, well greased, in a 350° oven for 30 minutes. Fill and ice with desired icing or topping.

Variation:

- (1) Replace the vanilla with 1 teaspoon peppermint or almond extract.
- (2) Use 1 whole egg and 1 egg yolk in cake recipe, then use the remaining egg white for making the icing.

*Use 1/4 cup butter (when in good supply) and omit lard or shortening.

ORANGE CAKE

Temp.: 350° F. Time: 25 minutes

1/4 cup shortening
1/4 cup butter
1/2 cup brown sugar
1/2 cup *Crown Brand Corn Syrup*
2 eggs, separated
1 cup raisins (put through food chopper)
1 orange
2 cups sifted pastry or cake flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1/3 cup sour milk

Cream shortening and butter; blend in brown sugar and 1/4 cup of the *Crown Brand Syrup*. Add beaten egg yolks; beat well, then add orange-raisin mixture and blend. Add sifted dry ingredients alternately with sour milk. Beat egg whites stiff but not dry, and gradually beat into them the remaining 1/4 cup of *Crown Brand Syrup*. Fold lightly into batter and turn into two 9" greased layer cake pans; bake in a moderate oven (350° F.) 25 minutes. When cool, put together with Orange Filling (page 4) and top with any desired icing. OR—Bake the cake in a greased pan 8" x 12" in a 350° F. oven for 35 to 40 minutes. While still warm top with grated orange rind or dust lightly with icing sugar.

PARTY CAKE

Temp.: 350° F. Time: 25-30 minutes

1/2 cup butter or shortening
2/3 cup fine granulated sugar
1 teaspoon vanilla
2 eggs
2 egg yolks
1/3 cup *Crown Brand Corn Syrup*
2 cups sifted cake or pastry flour
3 teaspoons baking powder
1/2 teaspoon salt
2/3 cup milk

Cream butter or shortening well and add sugar gradually, beating thoroughly. Add vanilla. Beat eggs and egg yolks until thick and lemon-coloured; add *Crown Brand Syrup* and beat well. Add to first mixture and beat with rotary beater until creamy. Sift together the sifted flour, baking powder and salt, add to creamed mixture alternately with milk and again blend with rotary beater. Bake in a moderate oven (350° F.) in two greased and floured 9" layer cake pans, for 25 to 30 minutes. When cool put layers together with Cream Filling (recipe page 4) and ice top and sides with Divinity Frosting (recipe page 4). OR—put layers together with Lemon or Orange Filling and garnish icing with grated lemon or orange rind.

SALLY'S SPONGE CAKE

Temp.: 350° F. Time: 30 minutes

3/4 cup sifted pastry flour
1/4 cup Benson's or Canada Corn Starch
1 1/2 teaspoons baking powder
1/4 teaspoon salt
2 eggs, separated
1 teaspoon grated lemon rind
1 tablespoon lemon juice
1 cup fine granulated or fruit sugar
1/2 cup hot water

Sift together flour, Benson's or Canada Corn Starch, baking powder and salt. Sift 5 times. Beat egg yolks until thick and lemon-coloured; add lemon rind and juice. Add 1/4 cup sugar in 3 additions, beating well after each addition. Add hot water in 2 additions, stirring constantly. Fold in flour mixture; add stiffly beaten egg whites into which has been beaten the remaining 1/4 cup sugar. Pour

into an ungreased pan 8" x 8" x 2", which has been lightly dusted with Benson's or Canada Corn Starch; bake in a moderate oven (350° F.) for 30 minutes. Invert pan on cake rack one hour before removing cake.

SMALL FUDGE CAKE

Temp.: 350° F. Time: 35-40 minutes

1/4 cup butter or shortening
2 (1-oz.) squares unsweetened chocolate, grated
1/2 cup sugar
1/2 cup *Crown Brand Corn Syrup*
1/3 cup water
1 egg, unbeaten
1 teaspoon vanilla
1 cup sifted pastry flour
1/2 teaspoon salt
1/2 teaspoon baking powder
1/2 cup sour milk

Melt butter in top of double boiler; add grated chocolate. When melted, add sugar, *Crown Brand Syrup* and water and beat until blended. Remove from heat and cool. Add unbeaten egg and vanilla; mix thoroughly. Add sifted dry ingredients alternately with sour milk. Pour into a pan 8" x 8" x 2" lined with waxed paper; bake in a moderate oven (350° F.) for 35 to 40 minutes.

STANDARD TWO-EGG CAKE

Temp.: 350° F. Time: 40-45 minutes

1/2 cup butter or shortening
2/3 cup white sugar
1/3 cup *Crown Brand Corn Syrup*
2 eggs, separated
2 cups sifted cake or pastry flour
1/4 cup Benson's or Canada Corn Starch
3 1/2 teaspoons baking powder
1/2 teaspoon salt
1 cup milk (less 2 tablespoons)
1 teaspoon vanilla

Cream butter or shortening well and sugar together thoroughly; blend in *Crown Brand Syrup*. Add well-beaten egg yolks and beat well. Add sifted dry ingredients alternately with milk, then add vanilla and stir only enough to smooth the batter. Fold in the stiffly beaten egg whites. Pour into a pan 8" x 12" lined with waxed paper and bake in a moderate oven (350° F.) for 40 to 45 minutes. Cool, and top with desired icing or other topping (see page 4).

Variation:

Boston Cream Pie—Pour batter into 2 greased (9") layer cake pans and bake in a moderate oven (350° F.) for 20 to 25 minutes. Cool and put together with Cream Filling (recipe page 4) or jam or jelly. Cover top with a bold-patterned paper or lace doily; shake powdered sugar over doily, then remove carefully to produce a delicate sugar pattern as topping for the Pie.

BOTTLE FEEDING FOR INFANTS

For the bottle feeding of infants "CROWN BRAND" CORN SYRUP is recommended by prominent physicians as an excellent milk modifier.

"LILY WHITE" CORN SYRUP is also highly recommended and widely used in infant feeding by those who prefer a clear white syrup.

FILLINGS and ICINGS

CREAM FILLING

1 cup milk, scalded
 2 tablespoons sugar
 1/4 cup Crown Brand Corn Syrup
 1 1/2 tablespoons Benson's or Canada Corn Starch
 1/2 teaspoon salt
 1 egg or 1 egg yolk
 1 teaspoon vanilla or almond flavouring
 2 teaspoons butter

Scald milk in top of double boiler. Mix together sugar, Crown Brand Syrup, Benson's or Canada Corn Starch and salt; add to milk and stir and cook until thick and smooth. Cover and continue cooking 15 minutes, stirring occasionally. Pour hot mixture slowly over slightly beaten egg or egg yolk and blend. Return to double boiler; cook 3 minutes. Remove from heat, add flavouring and butter. Blend with rotary beater and cool before spreading between layers of cake.

Note: When making this recipe for Boston Cream Pie (page 3) or for any cake or dessert in which an egg white is not necessarily reserved for icing or meringue, use 1 whole egg instead of 1 egg yolk.

DELICIOUS UNCOOKED ICING

(For Dover Hand Beater)
 2 egg whites
 Pinch salt
 1/2 cup Crown Brand Corn Syrup
 1 teaspoon vanilla

Beat egg whites, with salt, until stiff but not dry, using dover egg-beater. (Electric beater may be used if preferred). Add Crown Brand Syrup gradually, continuing to beat. When icing stands in peaks and holds its shape, add vanilla. (This icing should be used the same day it is prepared).

Variation:

Delicious Uncooked Icing (For Electric Beater):—Follow directions above, increasing Crown Brand Syrup to 1 cup, and beating with electric beater (at medium to high speed) until mixture peaks (5 to 10 minutes). Add vanilla and blend. This icing will stand up for days longer than will the Icing for Hand Beater.

DIVINITY FROSTING

1/4 cup Crown Brand Corn Syrup
 1/2 teaspoon salt
 2 egg whites
 1/2 teaspoon vanilla or almond extract

Measure Crown Brand Syrup into a small saucepan and bring just to boiling point. Meantime, add salt to egg whites and beat until stiff but not dry. Pour hot syrup slowly into beaten whites, beating constantly with dover beater. Add flavouring and continue beating until frosting is of consistency to spread (3 to 5 minutes).

LEMON OR ORANGE FILLING

2 1/2 tablespoons Benson's or Canada Corn Starch
 1/3 cup sugar
 1/3 cup Crown Brand Corn Syrup
 1/4 teaspoon salt
 2/3 cup boiling water
 1 egg, slightly beaten
 3 tablespoons lemon or orange juice
 1 teaspoon grated lemon or orange rind
 1 teaspoon butter

Mix together Benson's or Canada Corn Starch, sugar, Crown Brand Syrup and salt in top part of double boiler. Add boiling water and blend with rotary beater. Cover and cook over boiling water until clear and smooth (12 to 15 minutes), stirring frequently. Beat egg slightly, add lemon or orange juice and rind; add to hot mixture, blend, and continue cooking, covered, 3 minutes. Remove from heat and add butter; beat until creamy. Cool slightly before putting between layers of cake.

Variation:

Jiffy Dessert Sauce:—If there is any of this filling left over, add hot water to desired consistency and use as a dessert sauce.

MOTHER'S CHOCOLATE FROSTING

1 (1-oz.) square unsweetened chocolate, shaved
 2 tablespoons Crown Brand Corn Syrup
 1/3 cup granulated sugar
 1 1/2 tablespoons Benson's or Canada Corn Starch
 1/16 teaspoon salt
 1/2 cup boiling water
 1 tablespoon butter
 1/2 teaspoon vanilla

Melt chocolate in saucepan over low heat. Add Crown Brand Syrup and blend. Combine sugar, Benson's or Canada Corn Starch and salt, and add to first mixture. Add boiling water and bring all to boil, stirring until sugar is dissolved. Boil gently until mixture thickens (3 to 5 minutes). Remove from heat, add butter and vanilla, and blend. While frosting is still hot, spread on cake; in this way it will retain its sheen.

VELVETY CHOCOLATE FROSTING

(Uncooked)

2/3 cup sifted icing sugar
 1 1/2 tablespoons Benson's or Canada Corn Starch
 2 tablespoons Crown Brand Corn Syrup
 1/16 teaspoon salt
 1 small egg, unbeaten
 3 tablespoons milk
 1/2 teaspoon vanilla or almond extract
 3 (1-oz.) squares unsweetened chocolate, melted
 2 teaspoons butter, well creamed

Sift together icing sugar and Benson's or Canada Corn Starch. Add Crown Brand Syrup, salt, unbeaten egg, milk, vanilla or almond extract, melted chocolate and creamed butter. Blend thoroughly, beating with rotary beater until of spreading consistency (3 to 5 minutes).

ALTERNATIVE CAKE TOPPINGS

- Place bold-patterned paper or lace doily over top of warm cake (Filled, Layer). Sprinkle powdered sugar over it; remove doily carefully and a pattern is left on the cake.
- Dust Spice Cakes with powdered sugar while warm.
- Sprinkle tops of Plain Cakes or Spice Cakes (while hot) with grated orange or lemon rind; sprinkle tops of Chocolate Cakes (while hot) with finely-chopped nutmeats (when available).
- Frost Plain Cakes with the family's favourite jam.
- Sprinkle chopped dried fruits on cakes before baking.

VELVETY "SEVEN-MINUTE" ICING

1 egg white, unbeaten
 2 1/3 cup Crown Brand Corn Syrup
 1/2 teaspoon salt
 1 teaspoon vanilla

Combine unbeaten egg white, Crown Brand Syrup and salt in top part of double boiler and mix thoroughly, using a dover beater. Place over rapidly boiling water and beat constantly with dover beater until mixture peaks (6 to 7 minutes). Remove from heat, add vanilla and beat until of consistency to spread. (If frosting is allowed to

stand for some time before spreading, it may separate. In this case beat again with dover beater.)

Variation:

Paste Icing:—Replace Crown Brand Syrup with 1/2 cup tart jelly, and omit vanilla. Place unbeaten egg white, salt and jelly in top of double boiler and blend with dover beater. Continue beating constantly (over boiling water) for 2 to 3 minutes. Remove from heat and beat until mixture peaks (2 to 3 minutes longer).

The dover beater is a double rotary beater.

COOKIES

FILLED OATMEAL COOKIES

Temp.: 350° F. Time: 10 to 12 minutes
 1 cup shortening or lard
 1/2 cup brown sugar
 1/2 cup Crown Brand Corn Syrup
 2 cups rolled oats
 1 1/2 cups sifted all-purpose flour
 3 teaspoons baking powder
 1 teaspoon salt
 1/3 cup milk

Cream shortening or lard with brown sugar; gradually beat in Crown Brand Syrup. Add rolled oats and blend. Add sifted dry ingredients alternately with milk; mix well. Chill thoroughly, then shape dough into small rounds and place 2" apart on greased cookie sheet. Press flat with tines of a fork (dipped lightly into Benson's or Canada Corn Starch) and bake in a moderate oven (350° F.) for 10 to 12 minutes. Cool, and put together in pairs with apple butter, jam, or the following filling:

Yield: 7 dozen average-sized cookies or 3 1/2 dozen pairs.

FILLING FOR COOKIES

2 cups grated tart apple (firmly packed)
 1/4 cup Crown Brand Corn Syrup
 1/16 teaspoon of salt
 2 to 3 teaspoons lemon juice
 2 teaspoons grated lemon rind

Combine all ingredients in saucepan; bring to boil and simmer 10 to 12 minutes. Cool and use as filling for any plain cookies.

GRANDMOTHER'S "SUGAR COOKIES"

Temp.: 375° F. Time: 12-15 minutes
 2/3 cup shortening
 1/2 cup brown sugar, firmly packed
 1/2 cup Crown Brand Corn Syrup
 2 eggs, well beaten
 1 teaspoon vanilla or lemon extract
 2 1/4 cups sifted all-purpose flour
 1/4 cup sifted Benson's or Canada Corn Starch
 1 teaspoon salt
 1 teaspoon cream of tartar
 1/2 teaspoon soda

Cream shortening and gradually beat in brown sugar and Crown Brand Syrup, blending thoroughly. Add beaten eggs and flavouring. Sift dry ingredients together 3 times and add to creamed mixture in 5 or 6 additions, working in gradually until all has been used. Roll out thin on a floured board and cut in rounds or other desired shapes. Place on greased baking sheet; bake in a moderate oven (375° F.) for 12 to 15 minutes. When cool, put together in pairs with jam, jelly, apple butter, etc.; or serve plain. *Yield:* 4 dozen cookies (about 2 1/2" in diameter).

HERMITS

Temp.: 375° F. Time: 15 minutes
1/2 cup lard, shortening, or home-rendered fat
1/2 cup brown sugar, firmly packed
1/2 cup Crown Brand Corn Syrup
1 teaspoon vanilla
1 egg, well beaten
1/2 cup chopped nuts
1/2 cup chopped raisins or currants (if available)
1 1/2 cups sifted pastry flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon ground cloves
1 teaspoon ground cinnamon
1 teaspoon ground allspice
3 to 4 tablespoons sour cream or sour milk

PAstry and PIES

PLAIN PASTRY

Temp.: 450° F. Time: 20-25 minutes
3 1/2 cups sifted pastry flour
1 1/2 teaspoons salt
2/3 to 1 cup lard or shortening
Ice-cold water (1/3 cup to scant 1/2 cup)

Sift flour; measure. Sift again with salt. Cut in shortening until mixture is of crumbly consistency. Sprinkle gradually with ice-cold water, mixing lightly with a fork until dough will hold together and may be easily cleaned from the bowl. Chill before using, or use directly. Roll out on lightly-floured board or canvas to 1/8" thickness. If baking pastry shell alone, without filling, prick with tines of fork and bake in a hot oven (450° F.) for 20 to 25 minutes or until golden brown.

APPLE PIE

Temp.: 450°-350° F. Time: 40-45 minutes
Pastry for 2-crust 9" pie
2 teaspoons Benson's or Canada Corn Starch
1/2 cup white sugar
Dash salt
4 1/2 to 5 cups sliced, tart apples
1/2 teaspoon lemon juice
1/2 cup Crown Brand Corn Syrup
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1 tablespoon butter

Line a 9" pie plate with pastry. Mix together Benson's or Canada Corn Starch, sugar and salt, and sprinkle on bottom crust. Add sliced apples (peeled and cored). Combine lemon juice, Crown Brand Syrup and spices, and pour over apples. Dot with butter. Cover with pastry for top crust, crimp edges and bake in a hot oven (450° F.) 15 minutes. Reduce heat to 350° F. and continue baking until apples are tender (25 to 30 minutes).

BUTTERSCOTCH PIE

1 baked pastry shell (9")
1 1/2 cups scalded milk
1/2 cup Crown Brand Corn Syrup
3 1/2 to 4 tablespoons Benson's or Canada Corn Starch
1/2 teaspoon salt
1/2 cup brown sugar (firmly packed)
1/2 cup cold milk
2 eggs, separated
2 tablespoons butter
1 teaspoon vanilla

Scald milk in top of double boiler over boiling water; stir in Crown Brand Syrup. Blend Benson's or Canada Corn Starch, salt and brown sugar with cold milk; add to hot milk, stirring constantly until smooth and thick. Cover and continue

Cream lard, shortening or home-rendered fat; gradually beat in sugar and Crown Brand Syrup and beat all together until light. Add vanilla and well-beaten egg, then nuts, raisins and currants. Add sifted dry ingredients alternately with sour cream or sour milk, and blend. Chill. Drop by teaspoonfuls 2" apart on greased cookie sheet; bake in a moderate oven (375° F.) for 15 minutes. Yield: Approx. 4 dozen average-sized cookies.

All quantities given are for level measurements. Always use standard measuring cups and spoons.

CHOCOLATE CREAM PIE

1 baked pastry shell (9")
2 cups scalded milk
2 (1-oz.) squares grated unsweetened chocolate
1/2 cup Crown Brand Corn Syrup
1/2 cup white sugar
3 1/2 to 4 tablespoons Benson's or Canada Corn Starch
1/2 teaspoon salt
1/2 cup cold milk
2 eggs, separated
1 tablespoon butter (optional)
1 teaspoon vanilla

Scald milk in top of double boiler over boiling water; add grated chocolate. When chocolate is melted add Crown Brand Syrup and sugar; blend with rotary beater. Blend Benson's or Canada Corn Starch and salt with cold milk; add to hot mixture and cook, stirring constantly, until smooth and thick. Cover and continue cooking 10 minutes. Add well-beaten egg yolks and cook 3 minutes longer. Remove from heat, add butter and vanilla. Beat until creamy. Pour into 9" baked shell and top with meringue prepared from the two egg whites remaining. (Meringue recipe page 7).

CUSTARD PIE

Temp.: 450°-325° F. Time: 45-50 minutes
Unbaked pastry shell (9")
2 tablespoons white sugar
1/4 cup Crown Brand Corn Syrup
1/4 teaspoon salt
1 tablespoon Benson's or Canada Corn Starch
2 eggs, slightly beaten
2 cups scalded milk
Grated nutmeg

Line a 9" pie plate with pastry; bake in a hot oven (450° F.) for 5 minutes. Remove from oven. (The pastry shell is pre-cooked to avoid a soggy bottom crust; if preferred, the filling may be baked directly in the raw shell). Meantime, mix together the sugar, Crown Brand Syrup, salt, and Benson's or Canada Corn Starch. Add slightly beaten eggs and hot milk; blend well with rotary

beater. Strain filling into pre-cooked shell, sprinkle with grated nutmeg. Bake in a hot oven (450° F.) until the crust is set (10 to 15 minutes). Reduce heat to 325° F. and bake until a silver knife blade inserted in the filling comes out clean (about 25 to 30 minutes).

LEMON PIE

1 baked pastry shell (9")
4 1/2 tablespoons Benson's or Canada Corn Starch
• { 1/2 cup Crown Brand Corn Syrup
1/2 cup sugar
1/2 teaspoon salt
1 1/2 cups boiling water
3 eggs, separated
6 tablespoons lemon juice
3 teaspoons grated lemon rind
2 teaspoons butter

Mix together Benson's or Canada Corn Starch, Crown Brand Syrup, sugar and salt in top of double boiler; add boiling water, stirring constantly. Blend with rotary beater. Cook over boiling water until smooth and thick; cover and cook 10 minutes, stirring occasionally. Combine slightly beaten egg yolks, lemon juice and rind. Add to hot mixture and blend well. Continue cooking 3 minutes; remove from heat and add butter. Pour into baked shell and top with meringue made from the 3 remaining egg whites (see recipe page 7, adding 1 tablespoon Crown Brand Syrup for the extra egg white).

1/4 to 1 cup sugar may be used in place of the 1/2 cup syrup and 1/2 cup sugar.

FRESH BLUEBERRY PIE

Temp.: 450°-350° F. Time: 45-50 minutes
Pastry for 2-crust 9" pie
1/2 cup white sugar
1/2 teaspoon salt
1 tablespoon Benson's or Canada Corn Starch
4 cups cleaned blueberries
3 tablespoons Crown Brand Corn Syrup
1 teaspoon lemon juice
1 tablespoon butter (optional)

Line a 9" pie plate with pastry. Mix together sugar, salt and Benson's or Canada Corn Starch; sprinkle 1/4 of this mixture on unbaked crust. Fill with blueberries. Mix together Crown Brand Corn Syrup and lemon juice; pour over berries. Sprinkle with remainder of Corn Starch-sugar mixture; dot with butter; cover with top crust. Bake in hot oven (450° F.) for 15 minutes; reduce heat to 350° F. and continue baking for 25 to 35 minutes or until done.

Variations:

(1) *Fresh Peach Pie*—Follow directions for Blueberry Pie, replacing blueberries with an equal quantity of sliced fresh peaches. Increase Corn Starch to 2 tablespoons. Criss-cross pastry strips (1/2" wide) to make a lattice top. Bake as directed.

(2) *Fresh Cherry Pie*—Follow directions for Blueberry Pie, replacing blueberries with an equal quantity of pitted, cleaned sour cherries. Increase Corn Starch to 2 tablespoons; sugar to 1 cup, and Crown Brand Syrup to 1/2 cup. Bake as directed.

(3) *Fresh Raspberry Pie*—Follow directions for Blueberry Pie, replacing blueberries with an equal quantity of fresh, cleaned raspberries. Increase Corn Starch to 2 tablespoons; omit lemon juice. Bake as directed.

PUMPKIN CREAM PIE

Temp.: 450°-350° F. Time: 40-50 minutes
Unbaked pastry shell (9")
2 eggs, slightly beaten
1/4 cup Crown Brand Corn Syrup
1/4 cup brown sugar
1 cup cooked pumpkin
1 tablespoon Benson's or Canada Corn Starch
1/4 teaspoon salt
1 teaspoon cinnamon
1 teaspoon ginger
1/2 cup table cream
1 1/2 cups milk

Line a 9" pie plate with pastry; flute edge. Bake in a hot oven (450° F.) for 5 minutes; remove from oven. To slightly beaten eggs add all other ingredients except 1/4 cup of the cream. Pour into partially cooked shell; pour remaining 1/4 cup cream carefully over top. Bake in a hot oven (450° F.) for 10 minutes; reduce heat to 350° F. and continue baking 30 to 35 minutes or until a silver knife blade inserted in the filling comes out clean. Serve with slices of Canadian cheese.

MERINGUE TOPPING FOR PIES AND PUDDINGS

2 tablespoons Crown Brand Corn Syrup
1/16 teaspoon salt
2 teaspoons Benson's or Canada Corn Starch
2 egg whites, beaten

Mix Crown Brand Syrup, salt and Benson's or Canada Corn Starch thoroughly. Beat gradually into egg whites (which have been beaten stiff but not dry) until mixture peaks. Pile lightly on pie fillings or puddings and bake in a slow to moderate oven (325° F.) for 15 to 20 minutes or until delicately browned. Allow to cool away from drafts. (Sufficient for topping 1 (8" or 9") pie).

Variation:

Meringue Drops (for pies and puddings)—Follow directions as in Meringue Topping. Instead of spreading over pie or pudding in one lot, drop mixture from spoon on the surface of a pan of gently boiling water. Cook 5 minutes.

or—Place the pan of water with the small Meringue Drops in a slow to moderate oven (325° F.) until delicately browned.

When cooked (either on top of stove or in oven) lift each meringue carefully from the water and let drain. Arrange tastefully on top of cream pies, soft desserts, etc. If desired, garnish each meringue drop with a speck of brightly coloured jelly.

Always sift flour and Benson's or Canada Corn Starch before measuring.

Easy ways to serve CROWN BRAND SYRUP to the children

As a spread on bread, toast, etc., on cereals in place of sugar, to sweeten and flavour orange juice, poured on fresh or preserved fruits—CROWN BRAND SYRUP in milk improves the flavour and makes it even more enjoyable. NOTE: To serve Crown Brand Syrup on dry cereals slightly warm the syrup so that it will flow freely.

HOT BREADS

RULES FOR SUCCESSFUL QUICK BREADS

(Muffins, Biscuits, Scones, etc.)

1. Mix batters just to blend. Overbeating causes toughness. (1 exception: Popovers—which derive their lightness from vigorous beating.)

2. Work quickly, assembling all ingredients and greasing all tins before starting to mix recipe.

3. Allow baked fruit or nut breads to stand 24 hours before slicing.

BRAN MUFFINS

Temp.: 400° F. (Basic recipe) Time: 25 minutes

1/2 cup sifted all-purpose flour
1/4 cup Benson's or Canada Corn Starch
1/2 teaspoon salt
2 1/2 teaspoons baking powder
1 cup ready-cooked bran
1 egg, beaten
1/2 cup Crown Brand Corn Syrup
1/2 cup milk
2 tablespoons melted fat

Sift flour; measure. Sift together with Benson's or Canada Corn Starch, salt and baking powder. Add bran. Beat egg light, stir in Crown Brand Syrup, milk and melted fat. Add liquid ingredients all at once to dry ingredients and stir until just moistened. Fill greased muffin tins 2/3 full and bake in a hot oven (400° F.) 25 minutes. Yield: 18 (2") muffins or 12 (3") muffins.

Variations:

(1) *Fruit Bran Muffins*—Add 1/2 to 1/4 cup chopped raisins, currants or chopped raw prunes (when available) to Basic Recipe.

(2) *Sour Milk Bran Muffins*—Replace the sweet milk in Basic Recipe with an equal quantity of sour milk; and replace the 2 1/2 teaspoons baking powder with 1 teaspoon baking powder plus 1/2 teaspoon baking soda.

OATMEAL BREAD

Temp.: 425°-375° F. Time: 45 minutes

2 teaspoons salt
2 cups boiling water
2 cups rolled oats
1 tablespoon melted fat
2 cakes compressed yeast
1/2 cup lukewarm water
1/2 cup Crown Brand Corn Syrup
4 to 4 1/2 cups sifted all-purpose flour

Add salt to boiling water; remove from heat. Stir in rolled oats and melted fat. Let stand until lukewarm, stirring occasionally. Soften yeast in 1/4 cupful of the lukewarm water; add remainder of water and Crown Brand Syrup. Combine with rolled oats mixture. Gradually sift flour into yeast mixture, adding all the flour to be used, or enough to make a dough of the desired consistency or stiffness. Stir as long as possible with a spoon, then knead in remaining flour with the hands. Turn on floured board and knead until smooth. Turn into a greased bowl, cover, and let rise in a warm place until double in bulk (about 1 hour). Turn down and divide dough into two equal parts; cover and let stand 15 minutes. Shape each into a loaf; place in greased bread pans 9" x 5" x 3" and let rise in warm place until doubled in bulk (about 30 minutes). Bake in hot oven

(425° F.) for 15 minutes, then reduce heat to 375° F. and complete baking (about 30 minutes). About 10 minutes before baking time is completed, brush tops of loaves with melted butter. This bread is tender and delicious. Yield: 2 loaves, 9" x 5".

QUICK MUFFINS

Temp.: 375° F. (Basic Recipe) Time: 25 minutes

1 1/2 cups sifted all-purpose flour
1/4 cup Benson's or Canada Corn Starch
4 teaspoons baking powder
1/2 teaspoon salt
1 egg, well beaten
3 tablespoons melted fat
1/4 cup milk
1/4 cup Crown Brand Corn Syrup

Sift together the first four ingredients. Beat egg light and add melted fat, milk, and Crown Brand Syrup. Make a depression in the sifted dry ingredients and pour in the second mixture all at once. Stir quickly, just enough to blend the ingredients (do not beat). Turn at once into well-greased muffin tins (two-thirds full) and bake in a moderate oven (375° F.) 25 minutes. Yield: 18 (2") muffins or 12 (3") muffins.

Variations:

(1) *Carrot Muffins*—Follow Basic Recipe, decreasing Crown Brand Syrup to 2 tablespoons and adding 1 cupful freshly grated raw carrots to dry ingredients.

(2) *Graham or Whole Wheat Muffins*—Follow Basic Recipe, replacing 1 cupful of the all-purpose flour with 1 cupful of graham or whole wheat flour (unsifted).

(3) *Wheat Germ Muffins*—Follow Basic Recipe, replacing 1 cupful of the all-purpose flour with one cupful wheat germ (unsifted).

(4) *Fruit Muffins*—2/3 cupful fresh blueberries, or 2/3 cupful chopped raw apples (with 1/4 teaspoon nutmeg and 1/2 teaspoon cinnamon added); or 1/2 cupful chopped raisins, dates or raw prunes, (when available) make tasty additions to the Basic Recipe.

(5) *Cheese Muffins*—Add 2/3 cupful grated cheddar cheese to Basic Recipe.

TEA BISCUITS

Temp.: 450° F. (Basic recipe) Time: 12-15 minutes

1 1/4 cups sifted all-purpose flour
1/4 cup Benson's or Canada Corn Starch
4 1/2 teaspoons baking powder
1 teaspoon salt
1/4 cup lard or shortening
1/4 cup milk
A little flour to knead

Sift flour, measure. Then sift together with Benson's or Canada Corn Starch, baking powder and salt. Cut in lard or shortening rather coarsely (until each little piece of flour-coated fat is about the size of a corn kernel). Make a well in centre of dry mixture and pour in milk all at once. Stir lightly with fork or knife, turn on lightly floured board and knead gently until smooth (about 20 counts). Roll 3/8" thick and cut into desired shapes with lightly floured cutter. Place on lightly greased baking sheet and bake in a hot oven (450° F.) for 12 to 15 minutes. Yield: 12 to 13 (2") biscuits.

Variations:

(1) *Drop Biscuits*—Follow Basic Recipe, but increase milk to 1 cup. Drop batter from spoon on to greased baking sheet and bake as directed.

(2) *"Love Letters"*—Follow Basic Recipe. Roll 1/4" thick and cut in 3" squares, with a sharp knife. Place 1/2 to 1 teaspoon Crown Brand Syrup in the centre of each square. Fold each corner of square diagonally into the centre and press down until they stick in place. Bake as directed.

(3) *Butterscotch Biscuits*—Follow Basic Recipe; divide dough in half. Roll each half about 1/4" thick and spread with following mixture: 3 tablespoons softened butter, 1/4 cup brown sugar (firmly packed), 1/4 cup Crown Brand Syrup. Now roll each half like jelly roll and cut in 1/2" slices.

Grease a pan 8" x 12" and place these little rolls, cut side down, in the pan, and bake in a hot oven (450° F.) for 15 minutes. Reduce heat to 375° F. and finish baking. OR—Place each little pinwheel roll in a well-greased muffin tin and bake as directed for *Butterscotch Biscuits* (above).

(4) *Cheese Salad Rolls*—Follow Basic Recipe. Roll out into an oblong 1/8" to 1/4" thick. Spread with softened yellow cheese (any desired thickness) and roll up lengthwise (jelly-roll fashion). Cut down in slices about 3/4" wide, and place, cut side down, in greased muffin tins or on a greased baking sheet. Bake as directed in Basic Recipe. A grand accompaniment to salads.

(5) *Parsley Pinwheels*—Proceed as in *Cheese Salad Rolls*, replacing the cheese with a spreading of softened butter and sufficient chopped parsley to cover the oblong dough. Roll, slice down, and bake as directed above. These are very nice with salads, omelets or meat, and make an attractive topping for meat pie.

(6) *Whole Wheat or Graham Biscuits*—Follow Basic Recipe, replacing 1 cup of the sifted flour

with 1 cup unsifted whole wheat or graham flour. Bake as directed.

(7) *Cheese Biscuits*—Add 1/2 cup grated cheese to dry ingredients.

(8) *Fresh Fruit Shortcake*—Increase shortening to 1/3 cup. Bake whole, or cut in rounds as for biscuits. If baked whole, make either one thick layer or 2 thin layers (one placed upon the other). Bake as directed. Split while hot, spread with butter and fill with crushed, slightly sweetened fresh fruit (strawberries, raspberries, peaches, etc.). Place layers together again and cover the top with additional fruit. Top with whipped cream and garnish with whole or sliced fruit.

GOLDEN POPOVERS

(A real butter-saver)

Temp.: 450°-350° F. Time: 35-40 minutes

1 cup sifted all-purpose flour
1/4 teaspoon salt
1/2 cup milk
2 eggs
1/2 teaspoon melted fat (optional)

Sift flour; measure. Sift together with salt into bowl. Add milk gradually, beating constantly with spoon. Beat eggs very thick; add to smooth batter. Add melted fat. Beat mixture vigorously with rotary hand or electric beater for at least 2 minutes. Grease sizzling hot muffin tins or heavy pyrex cups and fill at once (2/3 full) with popover batter. Bake in hot oven (450° F.) for 25 minutes, then reduce heat to 350° F. and bake 10 to 15 minutes longer. Yield: 8 to 9 medium popovers. Serve hot with salad in other suitable luncheon or supper dish.

WHOLE WHEAT OR GRAHAM POPOVERS

Replace the 1 cup sifted all-purpose flour in above recipe with 1/2 cup sifted all-purpose flour and 1/2 cup unsifted whole wheat or graham flour.

DESSERTS

APPLE CRISP

Temp.: 375°-350° F. Time: 50 to 60 minutes

6 to 8 medium apples (tart)
1/3 cup hot water
1/2 cup Crown Brand Corn Syrup
1/16 teaspoon salt
1 teaspoon ground cinnamon
1/2 cup white or brown sugar
1/4 cup sifted all-purpose flour
1/3 cup butter

Pare, core and slice apples. Place in a 1 1/2-quart greased casserole. Combine hot water, Crown Brand Syrup, salt and cinnamon; pour over apples. Blend sugar and flour; rub in butter until mixture is crumbly in consistency. Pat this mixture on top of apples and bake uncovered in a moderate oven (375° F.) for 20 minutes; reduce heat to 350° F. and bake until apples are tender (length of time will depend upon variety of apples used). Serve warm or chilled, with or without cream. Serves 6.

Variations:

(1) Replace the 1/4 cup flour with 1/2 cup flour and 1/2 cup rolled oats.

(2) Replace the 1/3 cup butter with 1/4 cup peanut butter when available, and 2 tablespoons butter.

(3) 1/2 cup water may replace the 1/3 cup called for, if the apples are very dry.

(4) Replace apples with fresh peaches in season.

BAKED RHUBARB PUFFS

Temp.: 350° F. Time: 20-25 minutes

1/2 cup creamed shortening
1/2 teaspoon vanilla
1/4 cup white sugar
1/4 cup Crown Brand Corn Syrup
1 egg, well beaten
2 cups sifted pastry flour
3 teaspoons baking powder
1/2 teaspoon salt
1/4 cup milk
1 cup raw rhubarb, very finely diced

Measure creamed shortening, vanilla, sugar and Crown Brand Syrup into a bowl; beat well. Add well-beaten egg and blend. Add sifted dry ingredients alternately with milk. Lastly, fold in rhubarb. Fill greased muffin tins two-thirds full; bake in moderate oven (350° F.) for 20 to 25 minutes. Remove from tins and serve hot with Vanilla Sauce or any of its Variations (recipes page 12). Yield: 12 to 16 muffins.

Variation:

Surprise Cupcakes: Follow above recipe, omitting rhubarb. Fill greased cupcake tins 2/3 full, make a depression in each lot of batter, and put in 1/2 teaspoon Strawberry or Raspberry Jam. Bake as directed. (These cupcakes will not require any icing.)

COTTAGE PUDDING

Temp.: 350° F. Time: 50 minutes

- 1/4 cup butter or shortening
- 1/2 cup sugar
- 1/2 cup Crown Brand Corn Syrup
- 1 egg, beaten
- 2 cups sifted pastry or cake flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup milk
- 1 teaspoon vanilla

Cream butter or shortening and gradually beat in sugar and *Crown Brand Syrup*. Add beaten egg, then add sifted dry ingredients alternately with milk. Stir in vanilla. Pour into a greased and floured pan 8" x 8" x 2" and bake in a moderate oven (350° F.) for 50 minutes. Cut in squares and serve hot with Vanilla Sauce or any of its variations (recipes page 12). Serves 8.

Variation:

Fruit Puffs: Increase shortening to 1/3 cup, omit vanilla and add 2 teaspoons grated lemon or orange rind. Bake in greased, floured cupcake tins (filling 1/2 to 2/3 full) in a 350° F. oven, for 25 to 30 minutes. Serve hot with Lemon or Orange or Fruit Sauce (recipes page 12).

BROWN BETTY WITH CHEESE

Temp.: 350°-375° F. Time: About 1 hr. and 20 min.

- 3 to 4 tablespoons melted butter
- 1 1/2 cups soft bread crumbs
- 6 medium apples (tart)
- 1/4 cup Crown Brand Corn Syrup
- 1/4 cup sugar
- 1/16 teaspoon salt
- 1 teaspoon ground cinnamon or nutmeg (or both)
- 1 tablespoon lemon juice
- 2/3 cup grated cheese
- 1/3 to 1/2 cup water (depending on variety of apples)

Toss melted butter and bread crumbs together. Place about one-half cupful in the bottom of a 1 1/2-quart greased casserole and cover with half of the apples (pared, cored and sliced), and half of the combined *Crown Brand Syrup*, sugar, salt, cinnamon or nutmeg, lemon juice, cheese and water. Now put another layer of buttered crumbs over this (about 1/2 cupful) and top again with a layer of sliced apples, then a layer of the combined mixture. Top all with the remaining buttered crumbs. Cover and bake in a moderate oven (350°-375° F.) 30 to 35 minutes, then remove cover and bake until apples are tender (45 minutes or longer.) Serve warm or chilled, with plain whole milk or cream.

Note: Omit cheese for a plain Brown Betty dessert. Serve with Foamy Sauce (recipe page 12).

CODDLED APPLES

Temp.: 300°-325° F. Time: 45-50 minutes

- 8 medium apples, tart and firm
- 8 whole cloves
- 1 1/2 cups boiling water
- Small stick cinnamon
- 1/4 to 1 cup *Crown Brand Corn Syrup* (exact amount depending upon sweetness of apples)

Wash and core apples; do not peel. Place in large, flat greased baking dish and stick a whole clove in each apple. Add water, cinnamon and *Crown Brand Syrup*. Cover and cook in a slow oven (300° to 325° F.) until apples are tender (45 to 50 minutes). Remove from pan and batte with the syrup. Serve warm or chilled, plain or with cream. Serves 8.

FLOATING ISLAND

- 1 egg, separated
- 1 1/2 cup white sugar
- 1 1/4 cup scalded milk
- 1/4 cup white sugar
- 1/4 teaspoon salt
- 1 tablespoon Benson's or Canada Corn Starch
- 1/4 cup cold milk
- 1/2 teaspoon vanilla
- Red jelly (for garnish)

To stiffly beaten egg white add 1 tablespoon white sugar; beat again, using rotary beater. Poach by spoonfuls on top of milk which is being scalded in top part of double boiler. Skim out and reserve for top of custard. Mix together 1/4 cup sugar, salt, *Benson's or Canada Corn Starch* and cold milk. Blend, and stir into hot milk; stir and cook over hot water till smooth and thick. Cover and continue cooking for 10 minutes. Add well-beaten egg yolk and again cook for 3 minutes. Remove from heat and add vanilla; beat with rotary beater until creamy. Pour into chilled individual glass serving dishes; top with the poached meringue and garnish with a tiny bit of bright red jelly. Serves 4.

PLUM PUDDING

- 1 cup grated raw carrots
- 1 cup grated raw potatoes
- 1 cup grated soft bread crumbs
- 1/4 cup suet, finely chopped
- 2 tablespoons sour milk
- 1/2 cup sifted all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 cup seedless raisins
- 1 cup currants
- 1/2 cup brown sugar
- 1/2 cup *Crown Brand Corn Syrup*
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1/2 teaspoon ground allspice

Mix ingredients in order given. Turn into large well-greased mould (1 1/2-quarts), or 8 individual moulds. Do not fill mould or moulds more than 2/3 full. Cover tightly; (be sure to grease cover too); set on a rack in a large kettle or steamer, which has been half-filled with boiling water. Steam small moulds for 1 1/4 to 1 1/2 hours; large mould for 3 hours. Replenish steamer with boiling water during the steaming period if necessary. Unmould on a heated serving platter; serve hot with Foamy Sauce (recipe page 12), or with Vanilla Sauce or one of its Variations (recipes page 12). *Note:* If pudding is not used immediately, reheat for 1/2 hour before serving. Serves 8.

TRIFLE

- 2 1/2 cups stale white cake, cut in fingers
- 1/3 cup grape or currant jelly
- 2 cups Custard Sauce (see page 11)

Arrange cake fingers in 6 chilled sherbet glasses. Top with jelly and pour Custard Sauce over all. Chill thoroughly. Top with a speck of jelly; or make Custard Sauce with egg yolks and use the remaining egg whites to make Meringue Drops (see page 7); top Trifle with Meringue Drops. Serves 6.

VANILLA BLANC MANGE

(Basic Recipe)

- 2 cups hot milk
- 3 tablespoons Benson's or Canada Corn Starch
- 1/4 cup white sugar
- 1/4 teaspoon salt
- 2 tablespoons cold milk
- 1 teaspoon vanilla

Scald 2 cups milk over boiling water. Mix *Benson's or Canada Corn Starch*, sugar and salt with cold milk. Add slowly to hot milk, stirring constantly until thick. Cover and continue cooking 10 minutes, stirring occasionally. Remove from heat, add vanilla. Pour into serving dish or into individual moulds lightly oiled with *Maxola* or rinsed in cold water. Chill. Unmould and serve with *Crown Brand Corn Syrup*, jam, canned or fresh fruit, etc.

Variations:

(1) *Foamy Pudding*—Fold 2 stiffly beaten egg whites into cooked blanc manger. Pour into individual moulds or large mould; chill. This mixture may be tinted delicately with vegetable colouring.

(2) *Butterscotch Pudding*—Add 1/2 cup brown sugar to Basic Recipe; reduce white sugar to 2 tablespoons and blend with the *Corn Starch*, brown sugar, salt and cold milk, and proceed as directed. When vanilla is being added, add 1 tablespoon butter and blend.

(3) *Chocolate Pudding*—Add 2 tablespoons white sugar, 1/4 cup *Crown Brand Corn Syrup*, and 1/4 cup dry cocoa to sugar, *Corn Starch*, salt and milk mixture in Basic Recipe; OR—Increase sugar in Basic Recipe to 1/2 cup. Melt two (1-oz.) squares unsweetened chocolate in the scalded milk and cook as directed. Chill and serve with rich milk or table cream.

(4) *Fruit Pudding*—Replace one-half of the milk in the Basic Recipe with an equal quantity of fruit juice (peach, raspberry, strawberry, cherry, etc.), adding a small amount of sugar and a speck of salt (to taste). Garnish pudding with fresh or canned fruit to correspond with the juice used in the recipe.

SPECIAL DESSERT SAUCES

BUTTERSCOTCH SAUCE (For Ice Cream)

- 1/4 cup *Crown Brand Corn Syrup*
- 1/4 cup white or brown sugar
- 1 tablespoon table cream or canned evaporated milk
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla
- 2 tablespoons butter
- 2 tablespoons boiling water

Combine *Crown Brand Syrup*, sugar, cream and salt in saucepan. Bring to boiling point over moderate heat, and boil until mixture forms a very soft ball when a little is dropped into cold water. (This will be 232° F. on candy thermometer). Remove from heat, add vanilla and butter. Blend and add boiling water, stirring until smooth. Serve hot or cold.

Note: When available, chopped nutmeats make a tasty addition to this sauce.

CUSTARD SAUCE or SOFT CUSTARD

- 2 cups scalded milk (Basic Recipe)
- 1 tablespoon Benson's or Canada Corn Starch
- 1/2 teaspoon salt
- 2 tablespoons white sugar
- 1/3 cup *Crown Brand Corn Syrup*
- 2 egg yolks or 1 whole egg slightly beaten
- 1 teaspoon vanilla

Scald milk in top of double boiler. Blend *Benson's or Canada Corn Starch* and salt with sugar and *Crown Brand Syrup*; combine with slightly beaten egg or egg yolks. Gradually pour the scalded milk over this mixture, stirring until smooth.

VELVETY BAKED CUSTARD

Temp.: 325° F.

Time: 45 minutes

- 2 eggs
- 1/3 cup *Crown Brand Corn Syrup* or 1/4 cup sugar
- 1 tablespoon *Benson's or Canada Corn Starch*
- 1/4 teaspoon salt
- 2 cups scalded milk
- 1 teaspoon vanilla
- 1/2 teaspoon grated nutmeg (if desired)

Beat eggs slightly; add *Crown Brand Syrup* or sugar, *Benson's or Canada Corn Starch*, and salt. Stir in hot milk and vanilla; blend. Pour mixture into greased custard cups and if desired, sprinkle grated nutmeg over top of each custard. Place filled cups in a pan of warm water and bake in a slow to moderate oven (325° F.) 45 minutes or until done (when a silver knife blade, inserted in custard, comes out clean). Chill, unmould, and serve with fresh or canned fruit, or cream. Serves 4 to 6.

Note: If cooked in one large baking dish, place also in a pan of warm water and bake longer (50 to 60 minutes) in a 325° F. oven.

Variations:

(1) *Caramel Custard*—Follow directions for *Velvety Baked Custard*. Before filling greased custard cups, pour one tablespoon *Crown Brand Syrup* into the bottom of each one. Now fill cups with custard mixture and proceed as directed for baking. Chill and unmould. The *Crown Brand Syrup* will provide a delicious sauce for this dessert.

(2) *Fruit Custard*—Replace one-half of the milk with an equal quantity of fruit pulp and juice. Sweetening may be increased or decreased according to taste.

SPECIAL DESSERT SAUCES

Return to double boiler and cook, stirring constantly, until mixture has thickened and will coat the back of a silver spoon. Remove from heat and add vanilla. Strain, chill, and serve over Trifle, Vanilla Blanc Manger, fresh fruit sections, and other desserts.

Variations:

(1) *Lemon Custard Sauce*—Add 1 teaspoon lemon juice to *Benson's or Canada Corn Starch*, salt, sugar and *Crown Brand Syrup* mixture. Replace vanilla with 1 teaspoon grated lemon rind.

(2) *Fruit Custard Sauce*—Replace 1 cup or more of the milk in Basic Recipe with fruit juice, heated. Cook mixture until smooth and thick, stirring constantly. Remove from heat and stir in grated rind from lemons or oranges (replacing vanilla in Basic Recipe). Add 1 tablespoon butter.

(3) *Fluffy Custard Sauce*—Use 2 egg yolks in Basic Recipe. Reserve the 2 egg whites, beat stiff and fold into cooked Custard Sauce or a Variation.

(4) *Meringue Pudding*—Use 2 egg yolks in Basic Recipe. Reserve the 2 egg whites and make 1 recipe of *Meringue Topping* or *Meringue Drops* (recipes page 7). Use as garnish with sauce on trifle, blanc manger or other desserts.

Note: Do not allow the water in the bottom part of double boiler to boil too rapidly when cooking custard sauce mixtures; this will cause curdling. If sauce does curdle at any time, set it in a pan of cold water and beat with rotary beater. (The sauce will be somewhat thinner.)

CHOCOLATE SAUCE

(For Ice Cream)

- 2 (1-oz.) squares unsweetened chocolate
- 1/2 teaspoon salt
- 1/2 cup Crown Brand Corn Syrup
- 1/2 cup white sugar
- 2/3 cup water
- 2 tablespoons butter
- 1/2 teaspoon vanilla

Melt chocolate in saucepan over slow heat. Add salt, *Crown Brand Syrup*, sugar and water, and blend. Cook slowly until thick (about 10 minutes). Add butter. Remove from heat and add vanilla. Serve warm on ice cream, blanc manges, etc.

FOAMY SAUCE

- 1 tablespoon Benson's or Canada Corn Starch
- 1/2 teaspoon salt
- 1/2 cup milk
- 1/3 cup *Crown Brand Corn Syrup*
- 1 egg, separated
- 1/2 teaspoon vanilla

Combine *Benson's or Canada Corn Starch* and salt with 2 tablespoons of the milk, then blend with the remainder of the milk in top part of double boiler. Beat egg yolk with a fork and mix with *Crown Brand Syrup*; add to milk mixture. Cook all together, stirring constantly, until mixture is thick. Remove from fire, cool and add vanilla. Just before serving, fold in beaten egg white. Serve with suitable baked or steamed pudding. Serves 6 in 8.

All quantities given are for level measurements. Always use standard measuring cups and spoons.

SALADS and SALAD DRESSINGS

COLE SLAW

- 2 cups shredded, crisp raw cabbage
- 1/2 cup Mayonnaise or Boiled Salad Dressing or French Dressing
- 1/16 teaspoon salt
- 1 tablespoon shredded onion or 2 tablespoons finely chopped chives
- 1 tablespoon chopped green pepper

Shred cabbage, add dressing, salt, onion, and green pepper; toss lightly together until well blended. Serve cold. Serves 4.

Variations:

- 1) Add 1/2 to 1 cupful grated raw carrot.
- 2) Follow directions as given, omitting onion and green pepper. Grate or shred thinly 4 ounces of yellow cheese and combine with 3/4 cupful chopped tart apple. Add to the 2 cups shredded cabbage and the dressing, and toss all together lightly. Season to taste and serve while fresh in nests of crisp lettuce.
- 3) Replace the yellow cheese in Variation (2) with 1 cupful cottage cheese.

POTATO SALAD

- 4 cups cooked potatoes (diced)
- 1 small onion or several tops of chives, finely chopped
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 4 large stalks celery, chopped
- 2 hard-cooked eggs
- 2 tablespoons finely chopped parsley or fresh raw spinach
- Jiffy Mayonnaise to moisten

Salads should always be served crisp and cool.

VANILLA SAUCE

(Basic Recipe)

- 3 tablespoons white sugar
- 1/4 cup *Crown Brand Corn Syrup*
- 1 tablespoon *Benson's or Canada Corn Starch*
- 1/2 teaspoon salt
- 1 cup boiling water
- 1 tablespoon butter
- 1 teaspoon vanilla

Blend sugar and *Crown Brand Syrup* with *Benson's or Canada Corn Starch* and salt, in saucepan. Stir in boiling water and bring to a boil over direct heat, stirring constantly until sauce thickens and becomes clear. Cook 15 minutes longer over low heat or over boiling water. Add butter and flavouring and serve hot with Cottage Pudding (recipe page 10), or any other suitable baked or steamed pudding.

Variations:

- 1) *Butterscotch Sauce*—Replace white sugar in Basic Recipe with 1/4 cup brown sugar, and increase butter from 1 tablespoon to 2 tablespoons.
- 2) *Lemon or Orange Sauce*—Omit vanilla in Basic Recipe and add 1 tablespoon lemon or orange juice, 1 to 2 teaspoons grated rind, and a few grains ground nutmeg.
- 3) *Brown Sugar Sauce*—Replace white sugar in Basic Recipe with 1/3 cup brown sugar.
- 4) *Chocolate Sauce*—Add 3/2 (1-oz.) square unsweetened chocolate (melted) to remaining ingredients in Basic Recipe; OR—Blend in 2 tablespoons dry cocoa with the sugar, *Crown Brand Syrup*, *Corn Starch* and salt mixture in Basic Recipe. (The boiling water may be replaced by an equal quantity of hot milk if desired.)
- 5) *Fruit Sauce*—Replace boiling water in Basic Recipe with heated fruit juice (fresh, or drained from canned fruits).

SALMON SALAD MOULD

- 1 tablespoon salt
- 1/2 tablespoon dry mustard
- 1 tablespoon sugar
- 2 eggs or 3 egg yolks
- 1/4 cup sweet milk or cream
- 1/4 cup vinegar
- 1 1/2 tablespoons gelatine
- 1/4 cup cold water
- 1 pound cooked salmon (flaked)

Combine salt, mustard and sugar in top of double boiler. Beat eggs slightly, add milk and vinegar, and pour into first mixture, stirring constantly to blend. Place over boiling water and cook, stirring frequently, until mixture thickens. Meanwhile, soften gelatine in cold water, then dissolve in hot mixture while stirring constantly. Beat smooth with rotary beater; add cooked flaked salmon. Turn into greased mould and chill. Unmould on bed of crisp lettuce; garnish with parsley and rings of hard-cooked egg. Serves 6. Serve with *Mazola Mayonnaise*.

Variation:

Salmon Salad Loaf—Turn cooked mixture into greased loaf pan and chill. Unmould and slice. Serve with green salad and (or) scalloped potatoes.

TOMATO SALAD CUPS

(Basic Recipe)

- 6 firm fresh medium-sized tomatoes
- Pulp from scraped out tomatoes
- 2 cup cream cheese
- 1 teaspoon prepared mustard
- 1/2 cup diced celery
- 2 tablespoons chopped parsley or chopped green pepper
- Seasonings and Jiffy Mayonnaise to taste

Remove skins from tomatoes by blanching for 1 or 2 minutes in boiling water, plunging into cold water and peeling. Cut a thin slice from top of each tomato; scoop out seeds and part of the pulp. Sprinkle inside of each tomato with salt, invert and chill. Just before serving, fill each "cup" with the mixture prepared from combining the tomato pulp, cream cheese, mustard, celery, parsley or green pepper, seasonings and *Jiffy Mayonnaise* to taste. Garnish with sprigs of fresh parsley and serve with *Jiffy Mayonnaise*. Serves 6.

Variations:

A variety of salad mixtures may be used as a filling for *Tomato Salad Cups*. Here we suggest a few combinations:

(1) Diced crisp cucumbers or chilled green peas combined with *Jiffy Mayonnaise* and diced tomato pulp.

(2) Chopped crisp celery and chopped apple combined with *Jiffy Mayonnaise*. (When available, add a few raisins and chopped nuts just before serving.)

(3) Combine grated Canadian cheese with *Jiffy Mayonnaise*; mix till smooth. Add diced crisp celery and grated raw carrot. Garnish with parsley or cress.

(4) Cut each chilled tomato crosswise into quarters, sixths or eighths, using a sharp knife. Be careful not to cut through bottoms of cups. Spread sections out to resemble flower petals. Sprinkle with salt and place any desired mixture in centre of each "flower" (such as cottage cheese mixed with *Jiffy Mayonnaise*). Garnish with slices of hard-cooked egg.

(5) Chicken salad, Potato Salad, etc., are other suggestions for fillings.

STUFFED CELERY FINGERS

- 6 long, crisp stalks celery
- 6 firm, fresh raw carrots, grated
- 1/2 teaspoon salt
- Dash pepper
- 1 teaspoon scraped onion
- 2 to 3 tablespoons Jiffy or *Mazola Mayonnaise*
- 1 1/2 tablespoons finely chopped parsley

Clean celery stalks and cut into desired lengths or make into celery curls. Scrape carrots, grate, and add salt, pepper, scraped onion and *Jiffy* or *Mazola Mayonnaise*. Mix well together and fill stalks, garnishing tops with finely chopped parsley. Serve often as an accompaniment to a luncheon or dinner plate.

Variations:

(1) Cream 1 (4-oz.) package white or yellow cheese with *Mayonnaise* to blend. Add 1 to 2 tablespoons finely chopped red or green pepper and blend. Fill stalks.

(2) Cream 4 ounces yellow cheese with *Mayonnaise* to blend. Add 1 tablespoon finely chopped chives or scraped onion.

BOILED SALAD DRESSING

- 2 eggs
- 3 tablespoons sugar
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons dry mustard
- 1 tablespoon *Benson's or Canada Corn Starch*
- Dash paprika
- Dash cayenne
- 1/2 cup milk or water
- 1/2 cup vinegar
- 1 tablespoon butter

Break eggs into top of double boiler. Shake over them sugar, salt, mustard, *Benson's or Canada Corn Starch*, paprika and cayenne. Beat vigorously with rotary beater until no lumps remain in mixture. Add milk or water; cook over moderately boiling water until mixture begins to thicken. Add vinegar slowly and continue cooking 10 minutes, stirring frequently. Remove from heat, add butter, and blend. Strain; store in jar. Do not cover until very cold. Yield: 1/2 pint.

Variations:

(1) *Fruit Salad Dressing*—Replace milk or water in *Boiled Salad Dressing* with an equal quantity of fruit juice and proceed as directed. When available, a little whipped cream may be folded into dressing just before serving.

(2) *Dressing for Chicken Salad*—Replace milk or water in *Boiled Salad Dressing* with an equal quantity of chicken broth or stock.

(3) *Butter Saver*—Omit butter and blend into cooked dressing 3 tablespoons thick sour cream.

(4) *Butter Saver*—Omit butter; replace milk or water with 1/2 cup cream (sweet or sour).

Note: Increase or decrease the amount of *Corn Starch* according to the thickness of dressing preferred.

EGGLESS MAYONNAISE

- 1/2 teaspoon dry mustard
- 1/4 teaspoon pepper
- 1/4 teaspoon paprika
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 3 tablespoons unsweetened evaporated milk
- 1/4 cup *Mazola*, chilled
- 2 tablespoons lemon juice

Combine the dry ingredients, add the milk and blend. Gradually beat in the chilled *Mazola* then add the lemon juice and beat with a rotary beater until smooth. This dressing will keep indefinitely in a cool place. Yield: 1/2 pint.

FRENCH DRESSING

1 cup Mazola
 1/2 cup cider vinegar
 1 teaspoon sugar
 1 teaspoon salt
 1 teaspoon dry mustard
 1/2 teaspoon paprika
 Dash cayenne
 Few drops Worcestershire Sauce

Place all ingredients in a tightly covered jar and shake well. Shake also each time before serving. OR—Place all ingredients in bowl and beat with hand or electric beater until mixture is smooth and well blended.

Variations:

(1) *Tomato French Dressing*—To the recipe for French Dressing add 1/2 (10-oz.) can condensed tomato soup, and 1 tablespoon grated onion or 1/2 teaspoon powdered onion salt. Increase sugar to 3 tablespoons, or adjust sweetening to taste. Shake or beat dressing vigorously as directed, each time before serving. Keep in a cold place.

(2) To half the recipe of French Dressing fold in 1/2 cup cranberry sauce. Beat vigorously and serve with crisp hearts of lettuce as a luncheon or dinner plate accompaniment.

(3) Add 1/2 cup creamed cheese (any variety) to French Dressing recipe. Beat well and serve with tossed green salads.

(4) Beat 1/3 cup tart jelly (currant or grape, etc.) into one-half French Dressing recipe. Serve with fruit salads.

JIFFY MAYONNAISE

1 egg
 1 1/2 tablespoons sugar
 1 1/2 teaspoons salt
 2 teaspoons dry mustard
 1/2 teaspoon paprika
 2 tablespoons lemon juice
 2 tablespoons vinegar
 1/4 cup Mazola
 1/4 cup Benson's or Canada Corn Starch
 1/4 cup cold water
 1/4 cup boiling water
 Dash Worcestershire Sauce

Put the egg, sugar, seasonings, lemon juice, vinegar and Mazola in a large bowl, but do not stir. Make

a paste by blending the Benson's or Canada Corn Starch with the cold water, then add the boiling water. Cook until clear (5 to 10 minutes). (This is better done in the top of a double boiler, but may be cooked over moderate, direct heat if carefully attended to). Add the hot Corn Starch mixture all at once to ingredients in mixing bowl and beat with rotary beater. Lastly, beat in a few drops Worcestershire Sauce. This dressing thickens and combines beautifully. Yield: 1 pint. Variations:

(1) *Thousand Island Dressing*—Same as Variation (1), Mazola Mayonnaise, below.

(2) *Tartar Sauce*—To 1 cup Jiffy Mayonnaise add 1 tablespoon chopped parsley, 3 tablespoons chopped pickles (sweet or sour), and 2 tablespoons chopped olives.

(3) *Relish to Serve with Roast or Broiled Chicken*—To 1/3 cup Jiffy Mayonnaise add 1 1/2 cups well-packed peeled tart apples (diced); 1/3 cup seedless raisins, if available; 1 tablespoon scraped onion; and a dash of salt. Combine thoroughly and serve chilled.

MAZOLA MAYONNAISE

(For Hand or Electric Beater)
 1 teaspoon dry mustard
 1/2 teaspoon salt
 Few grains cayenne
 1 teaspoon sugar
 1
 1 cup Mazola, chilled
 2 tablespoons lemon juice or vinegar

Mix dry ingredients; add egg. Beat thoroughly with rotary beater. Add a few drops of Mazola; beat thoroughly. Add a few drops of lemon juice or vinegar and beat thoroughly again. Continue in this fashion until all the lemon juice and about one-half of the Mazola have been added. Add remaining Mazola in larger quantities at a time. Ingredients should be cold. Yield: 1/2 pint. Variations:

(1) *Thousand Island Dressing*—To 1 cupful of Mazola Mayonnaise add 2 teaspoons finely chopped green pepper, 1 teaspoon scraped onion, 1/4 cup chili sauce and 1 hard-cooked egg cut in pieces.

(2) *Tomato Mayonnaise*—To 1 cupful Mazola Mayonnaise add 1/3 cup tomato chili sauce.

HOT SUPPER DISHES

BAKED MACARONI SURPRISE

Temp.: 300°-325° F. Time: 1-1 1/2 hours
 2 cups broken uncooked macaroni
 1 1/2 cups cooked tomatoes
 1/2 small green pepper, chopped
 2 tablespoons chopped parsley
 1 small or 1/2 medium onion, chopped
 2 teaspoons salt
 1/4 teaspoon pepper
 1 cups ground uncooked meat
 2 tablespoons fat

Cook macaroni in a generous amount of boiling salted water until tender. Drain and add salt to taste. Combine cooked macaroni, tomatoes, chopped green pepper and parsley, onion, salt and pepper. Turn into well-greased 1 1/2-quart casserole. Shape meat into tiny rounds and fry quickly in hot fat until evenly browned. Bury in macaroni mixture and bake in a slow oven (300°-325° F.) until meat is thoroughly cooked and the mixture is full-flavoured (1 to 1 1/2 hours). Serves 8.

Variations:

(1) *Macaroni and Frankfurter Scallop*—Cook and drain macaroni as directed above. In place of tomatoes and green pepper, add 1 1/2 cups Medium White Sauce (recipe page 16) and blend in 1/4 cup grated cheese, parsley and chopped onion, and salt and pepper. Omit ground meat. Instead, skin 4 frankfurters, cut diagonally in one-inch pieces and sauté quickly in hot fat. Bury in the macaroni mixture which has been turned into a well-greased 1 1/2-quart casserole. Bake as directed. Serves 8.

(2) *Macaroni and Cheese Scallop*—Cook and drain macaroni as directed. In place of all other ingredients above, add 2 cups Medium White Sauce (recipe page 16) and 1 1/2 cups grated cheese. Blend until cheese is melted. Pour into greased 1 1/2-quart casserole and top with 1/2 cup stale bread or cracker crumbs mixed with 2 tablespoons melted butter. Bake in oven of 300°-325° F. until top is golden brown. Serves 6.

(3) *Surprise Mould*—Turn any one of the above mixtures into a greased 9" ring mould, and bake as directed. Unmould and fill centre with creamed salmon or other creamed fish or meat or vegetables. If there is any left over, bake in custard cups set in a pan of warm water.

CANADIAN PEA SOUP

1/2 pound (1 1/4 cups) dried peas
 2 quarts water
 1/4 pound salt pork
 1 small onion
 Salt
 Pepper

Wash peas; place in large bowl and add water. Soak for 4 to 6 hours or overnight. Turn into large cooking kettle (using the same water) and add scraped salt pork and onion, cut in pieces. Place over moderate heat and bring slowly to a boil; reduce heat and simmer slowly for 3 hours or longer. Toward end of cooking period add salt, pepper and other seasonings or herbs to taste.

NOVELTY MEAT ROLL

Temp.: 350° F. Time: About 1 hour

1
 1/2 cup bread crumbs
 2 tablespoons milk
 1 1/2 teaspoons salt
 1/4 teaspoon pepper
 1/4 teaspoon sage or chili powder
 1 tablespoon Benson's or Canada Corn Starch
 1 small or 1/2 medium onion, chopped
 1/4 pound ground raw beef
 1/4 pound ground fresh pork

Bear egg in a large bowl and add bread crumbs, milk, seasonings, Benson's or Canada Corn Starch, onion and ground meat. Mix lightly but thoroughly and pat mixture flat, on waxed paper, in an even, oblong shape. Also place a sheet of waxed paper on top of flattened mixture, and roll out or pat to 1/8" thickness. Remove top sheet of paper and spread meat mixture with filling (recipe below). Roll lengthwise in jelly-roll fashion, place in a well-greased pan and bake uncovered in a moderate oven (350° F.) for about 1 hour. Serve hot or cold, sliced, with scallops or salads.

FILLING FOR MEAT ROLL

1 1/2 cups grated raw carrot
 1/4 cup chili sauce
 1/16 teaspoon salt
 1/4 teaspoon dry mustard

Mix all ingredients together and spread over flattened meat roll mixture before rolling up (see directions above). Serves 6.

OLD-FASHIONED BAKED BEANS

Temp.: 250°-300° F. Baking Time: 3 to 4 hours

2 cups dried navy beans
 2 ounces salt pork, cut in strips
 1 small onion, peeled
 2 teaspoons salt
 1/2 teaspoon pepper
 1/2 teaspoon Worcestershire Sauce
 1 teaspoon dry mustard
 1/2 cup Crown Brand Corn Syrup
 1 cup liquid from boiled beans OR
 1 cup hot water OR
 1 cup mixture of drained liquid and hot water

Wash beans, soak overnight in cold water to cover generously. In the morning cook beans in the same water (adding more if necessary) until skins loosen and break. Drain beans, reserving liquid,

and place in a greased 2-quart casserole or bean crock; bury the onion in the beans. Mix salt, pepper, Worcestershire Sauce, mustard, Crown Brand Syrup, and bean liquor or hot water (or mixture of both), and pour over beans. If necessary, add more water, until it shows through top of beans. Place strips of salt pork over top. Cover and bake in a slow oven (250°-300° F.) for 3 to 4 hours or until liquid is absorbed and beans are dark and mazy, (adding water during baking to keep beans just covered). Uncover during last hour of baking to brown the beans and pork.

Variations:

(1) Replace navy beans with soybeans and proceed as above.

(2) *Savoury Baked Beans*: Wash, soak and boil 2 cups of dried navy beans as directed above. Pour off liquid and reserve. Prepare a sauce by combining 2 cups strained, cooked tomatoes, 1 tablespoon chopped onion, 1/2 cup diced celery, 1/4 cup chopped green pepper, dash of cayenne, 1 teaspoon dry mustard, 2 teaspoons salt, 1/2 teaspoon pepper, dash of Worcestershire Sauce and 1/4 cup Crown Brand Syrup. Pour this tomato mixture over the cooked, drained beans in bean crock or greased casserole, and bake in slow oven (covered) for 3 to 4 hours, adding reserve bean liquor or hot water during baking if mixture becomes too dry. Serves 8. (Uncover during last 1/2 hour.)

(3) *Savoury Lima Bean Casserole*—Proceed as in Savoury Baked Beans, replacing the navy beans with dried lima beans (2 cups). Add 1 to 1 1/2 cups grated cheddar cheese to the tomato sauce mixture.

Note: We recommend baking this and similar recipes when the oven is being used for other baking, so that fuel will not be wasted.

QUICK KIDNEY SAUTÉ

6 lambs' kidneys
 2 tablespoons fat
 2 teaspoons Benson's or Canada Corn Starch
 1 teaspoon salt
 1/4 cup cold water or tomato juice
 1/2 cup hot water or heated tomato juice
 6 slices bread for toast

Soak lambs' kidneys for one hour in salted water (1 tablespoon salt to 1 quart water). Drain, remove membrane, and slice. Heat fat in frying pan, add slices of kidney and sauté until evenly browned. Blend Benson's or Canada Corn Starch and salt with the cold water or tomato juice and stir into hot fat until smooth and nicely browned. Add hot water or heated tomato juice slowly and let simmer for a few minutes. Serve hot on slices of thin, lightly-buttered toast; serve with a fluffy omelet as a supper or luncheon dish, or with hot vegetables as main meat course for dinner. Serves 6.

Note: Beef kidneys are too strongly-flavoured to be used in a recipe of this nature. They must be soaked, scalded, and given a longer, slower cooking, as in stews, braised dishes, meat pies, etc.

In grinding meat for patties, meat loaves, etc., use coarse knife of food chopper and run meat through twice. This gives better flavour and meat loaves will slice without crumbling.

SPAGHETTI WITH TOMATO SAUCE

1½ cups uncooked spaghetti (1/4 lb.)
 1 tablespoon butter or other fat
 1 cups strained, cooked tomatoes
 1 small onion, finely chopped
 ½ cup diced celery
 ½ teaspoon salt
 ¼ teaspoon pepper
 Dash of cayenne
 1 green pepper, seeded and chopped
 1½ teaspoon Worcestershire Sauce
 2 tablespoons Benson's or Canada Corn Starch
 2 tablespoons cold water
 ½ to 1 cup grated sharp cheese

Wash spaghetti in cold water, then cover generously with boiling salted water and let boil until tender (10 to 20 minutes), stirring frequently to prevent sticking. Drain and add butter. Meantime, prepare sauce by combining the strained tomatoes, onion, celery, salt, pepper, cayenne, green pepper, and Worcestershire Sauce, then stirring in the Benson's or Canada Corn Starch which has been blended with the water. Place all over low heat and allow to simmer until full-flavored (at least ½ hour, and longer if possible for best flavor). Pour over drained spaghetti, turn into heated serving dish and top with grated cheese. Serves 6. Serve with crisp celery and carrot sticks, or tossed green salad.

Variations:

(1) Sauté tiny meat balls in hot fat until evenly browned. Add to tomato sauce while simmering. Reduce grated cheese to ½ cup or omit altogether.

(2) Blend ¼ to ½ cup butter or 1/3 cup Mazola with the drained spaghetti, add seasonings to taste, turn into heated serving dish and top with grated sharp cheese.

WELSH RAREBIT

1½ tablespoons Benson's or Canada Corn Starch
 2 tablespoons butter or other fat, melted
 1½ cups milk
 1½ cups grated sharp cheese
 ½ teaspoon salt
 ½ teaspoon pepper
 ½ teaspoon paprika
 Dash cayenne
 ½ teaspoon dry mustard
 1 tablespoon chopped parsley

Blend Benson's or Canada Corn Starch with melted fat in top of double boiler over boiling water. Add milk gradually, stirring until sauce has thickened. Add grated cheese and stir until melted. Add seasonings and parsley (as stated, to taste). Serve hot over lightly buttered, fresh hot toast cut into fingers or circles, or over heated, crisp soda crackers. Serve with crisp celery and carrot sticks, tossed green salad, or broiled tomatoes, dusted with salt and pepper. Serves 4 to 6.

Tomato Rarebit: Add ½ to ¾ cup cooked tomatoes to above recipe.

WHITE SAUCE

(Basic Recipe)

3 tablespoons butter or other fat
 2 tablespoons Benson's or Canada Corn Starch
 1 teaspoon salt
 Dash pepper
 Dash Worcestershire Sauce
 2 cups milk

Method 1: Melt fat in saucepan; blend in Benson's or Canada Corn Starch and seasonings. Let bubble over very low heat for 3 minutes. Add milk slowly and cook until smooth and thick, stirring constantly.

Method 2: Melt fat in top part of double boiler, over direct heat; blend in Benson's or Canada Corn Starch and seasonings. Let bubble over low heat for 3 minutes. Gradually add milk, while stirring constantly, then place at once over boiling water. Cook and stir until smooth and thick, then cover, remove from heat and let stand until ready to use (if using same day). OR, allow the sauce to cool, place in a covered container, and keep in a cold place for future use.

Note: Up to 2/3 of the milk may be replaced with left-over liquid from cooked vegetables, meat or fish.

The above White Sauce Recipe is a *Medium White Sauce*.

For *Thin White Sauce*: use 1 to 1½ tablespoons Benson's or Canada Corn Starch and leave other ingredients as they are.

For *Thick White Sauce*: use 2½ tablespoons Benson's or Canada Corn Starch and leave other ingredients as they are.

TEMPTING VARIATIONS OF THIN WHITE SAUCE (CREAM SOUPS)

Cream Soups are quickly and easily prepared using a *Thin White Sauce* as the foundation. An attractive variety of soups is possible, and following are a few suggestions: (Additional seasonings may be used to taste.)

To every 2 cups seasoned *Thin White Sauce*, add, for

(1) *Cream of Carrot Soup*—½ to 1 cup diced or mashed cooked carrots and 2 teaspoons scraped onion.

(2) *Cream of Corn Soup*—½ to 1 cup chopped cooked corn; ½ small onion, sliced; ½ cup cubed cooked potatoes. (Increase the quantity of corn and potatoes for *Corn Chowder*.)

(3) *Cream of Lima Bean Soup*—1 cup water, 1 tablespoon chopped onion, ½ cup cooked, mashed lima beans, 2 tablespoons chopped parsley.

(4) *Cream of Mushroom Soup*—½ cup chopped fried mushrooms.

(5) *Cream of Pea Soup*—1½ cups mashed cooked peas; 1 tablespoon scraped onion.

(6) *Cream of Onion Soup*—½ to 1 cup onion pulp (from steamed or boiled onions) put through a sieve. Sprinkle top with grated cheese.

(7) *Potato Soup*—½ to ¾ cup mashed, seasoned potatoes; 1 tablespoon scraped onion; 2 tablespoons chopped parsley; ½ cup chopped celery and additional finely chopped celery tops and leaves (thoroughly washed).

(8) *Cream of Tomato Soup*—2 cups cooked tomatoes; 1 tablespoon minced onion; ½ teaspoon sugar; 2 whole cloves; salt and pepper (all cooked together for 5 minutes). Strain before serving.

(9) *Cream of Celery, Asparagus or Spinach Soup*—1 cup diced or sieved cooked celery or asparagus; or 1 cup sieved cooked spinach; 1 tablespoon minced onion.

Note: A grand way to use up those left-over vegetables.

TEMPTING VARIATIONS OF MEDIUM WHITE SAUCE

(1) *Sauces:* To 2 cups seasoned *Medium White Sauce*, add, for—

(1) *Celery Sauce*—1 cup diced, cooked celery.

(2) *Parsley Sauce*—4 tablespoons chopped parsley.

Serve these with fish or potatoes.

(3) *Cheese Sauce*—½ cup shaved or grated cheese. Stir in cheese just before serving and allow to melt thoroughly.

(4) *Egg Sauce*—2 chopped, hard-cooked eggs.

(5) *Tomato Sauce*—Replace ½ of the milk with tomato juice or liquid from strained, cooked tomatoes. Add 1 tablespoon scraped onion and a pinch of ground cloves.

Serve these with macaroni, spaghetti, etc.; fish, meat or vegetable croquettes or loaves; OR serve as such, on toast, along with green salad.

(6) *Eggs à la Goldenrod*—The chopped whites of 4 hard-cooked eggs. Pour over hot buttered toast and garnish top with hard-cooked egg yolks, pressed through a sieve. Decorate with parsley or cress. Serves 6.

(7) *Creamed Chicken Supreme*—2½ cups diced cooked chicken, (OR 1½ cups chicken and 1 cup diced cooked veal). If desired, stir in ½ cup cooked mushrooms and 2 tablespoons coarsely chopped pimento or finely chopped red or green peppers. Serve with hot biscuits or party shells.

Use these recipes as hot supper or luncheon dishes.

II—SCALLOPS OR CASSEROLES: To each cup *Medium White Sauce*, add—1½ cups cooked vegetables; fish; meat; cooked macaroni; cooked combinations of spaghetti, fish or meat, etc.; and top with buttered crumbs. Bake in a moderate oven (350° F.) until mixture is heated through and crumbs are golden brown (20-25 minutes).

TEMPTING VARIATIONS OF THICK WHITE SAUCE

I—SOUFFLÉS:

Cheese Soufflé—Add ¾ cup grated cheese, 2 egg yolks (beaten), and seasonings to taste, to each cup of *Thick White Sauce*. Cook and stir until cheese is melted. Fold in 2 beaten egg whites; pour into a greased casserole. Set in a pan of warm water; bake in a moderate oven (375° F.) for 15-20 minutes. Serve at once.

II—CROQUETTES—(General Directions):

Add 1½ to 2 cups finely chopped or ground cooked meat, fish or vegetables, to each cup of *Thick White Sauce*. Chill. Shape into desired form (oblong, pyramid, square, etc.); roll in fine bread or cracker crumbs, then in beaten egg, then in crumbs again. Fry in deep hot Mazola (385° F.). Serve hot with *Medium White Sauce* or any Variation.

VARIETY in VEGETABLES

BAKED STUFFED TOMATOES

Temp.: 375° F. Time: 15-20 minutes

6 fresh, firm tomatoes
 2 cups soft bread crumbs
 2 tablespoons finely chopped onion
 ¼ cup melted fat
 1 tablespoon Crown Brand Corn Syrup
 1 teaspoon salt
 ¼ teaspoon pepper
 Dash Worcestershire Sauce
 2 tablespoons grated cheese

Wash tomatoes. With a sharp knife remove a thin slice from the top of each. Scoop out most of the pulp, cut it in small pieces and mix with ½ cups of the crumbs. Sprinkle inside of each tomato with salt. Fry the chopped onion in half of the melted fat; add to the tomato pulp and bread crumbs along with the *Crown Brand Syrup* and seasonings. Fill each tomato cup with mixture, and for a topping combine the remaining bread crumbs and melted fat, and the grated cheese. Sprinkle over top of each filled tomato. Arrange in greased shallow pan and bake in a moderate oven (375° F.) until topping is nicely browned (15 to 20 minutes). Serves 6.

Variations:

Scoop out 6 firm tomatoes as directed; sprinkle inside of each with salt. Fill with any of the following mixtures and bake as directed—

(1) 2 cups *Creamed Macaroni and Cheese*.

(2) 2 cups *Baked Beans*, seasoned with sweet pickles, chopped onion, salt and pepper.

(3) 2 cups corn and lima beans combined with 1 tablespoon melted butter, ¼ cup milk, salt and pepper.

(4) 2 cups carrots and tomato pulp combined with butter and milk as in (3).

(5) Parboil 6 green peppers and stuff with any of the above mixtures. Bake as directed.

Note: Use the scooped-out tomato pulp for stewing; or chill and strain for juice.

TASTY VEGETABLE LOAF

Temp.: 375° F. Time: 35-40 minutes

2 cups cooked carrots, diced
 2½ cups cooked lima or navy beans, mashed
 2 large, or 3 small eggs
 2 teaspoons salt
 ¼ teaspoon pepper
 Dash cayenne
 ¼ teaspoon Worcestershire Sauce
 ½ cup milk
 3 cups bread crumbs (not too stale)
 ½ onion, chopped fine
 4 tablespoons melted fat
 2 tablespoons chopped parsley

Combine cooked, diced carrots and cooked mashed beans. Beat eggs slightly, add seasonings and milk. Combine bread crumbs, chopped onion, melted fat and parsley; add to vegetables, mixing thoroughly. Turn into a well-greased loaf pan (or ring mould) and bake in a moderate to hot oven (375° F.) 35 to 40 minutes. Turn out on heated serving platter and serve with desired sauce (see *White Sauce* and Variations, page 16). *Cheese, Tomato or Egg Sauce* are particularly tasty with this loaf.

Note: Other left-over vegetables such as cooked celery, corn, beets, etc., may replace the cooked carrots; while mashed parsnips, turnips or potatoes, etc., may wholly or partially replace the mashed beans.

ESCALLOPED CABBAGE

Temp.: 350° F. Time: 10 minutes

4 cups chopped raw cabbage
 1 cup grated cheese
 2 cups medium white sauce (recipe p. 16)
 ½ cup lightly buttered bread crumbs

Cook chopped cabbage in boiling salted water for 8 minutes; drain. Place alternate layers of cabbage, cheese and white sauce into a greased, 2-quart casserole. Top with crumbs. Bake in moderate oven until brown. Serves 6.

HOT VEGETABLE PUFF

Temp. 350°-375° F. Time: About 20-30 minutes

- 6 medium potatoes, peeled
- 1 firm medium turnip, peeled
- 2 tablespoons hot milk
- 1 tablespoon butter
- 2 tablespoons Crown Brand Corn Syrup
- Salt, pepper to taste
- 1 large or 2 small eggs

Pare vegetables. Cut potatoes in half and turnip in small cubes to hasten cooking. Boil quickly until tender. Drain and mash together, and add hot milk, butter, *Crown Brand Syrup* and seasonings to taste. Beat egg or eggs light and add to seasoned vegetables. Blend smooth and turn into a greased baking dish. Brown in a moderate oven (350°-375° F.) for 20 to 30 minutes. Serve as a vegetable with dinner, or with meat loaf or cold cuts for lunch or supper. Serves 6.

Variations:

(1) Fold $\frac{1}{2}$ cup grated Canadian cheese into hot mixture; omit 1 egg.

(2) Omit eggs; beat mixture up light and serve hot with or without oven-browning.

BEVERAGES

CHOCOLATE SYRUP

(Basis for Chocolate Drinks)

- $\frac{1}{2}$ cup white sugar
- $\frac{1}{2}$ cup *Crown Brand Corn Syrup*
- 2 (1-oz.) squares unsweetened chocolate
- $\frac{1}{2}$ cup water
- $\frac{1}{16}$ teaspoon salt

Combine sugar and *Crown Brand Syrup*. Drop chocolate into water in saucepan and cook until smooth, stirring often. Add sugar-*Crown Brand Syrup* mixture, and a dash of salt. Cook 4 to 5 minutes, stirring constantly. Remove from heat, cool, and store in covered jar or bowl in refrigerator. (Makes $1\frac{1}{2}$ cups Chocolate Syrup, or sufficient for 12 milk shakes.)

Variation (using cocoa):

Replace unsweetened chocolate with 1/3 to $\frac{1}{2}$ cup dry cocoa. Combine *Crown Brand Syrup* with sugar and *Crown Brand Syrup*, add water and salt, and stir

GLAZED SQUASH

Temp. 375°-400° F. Time: 1 hour

- Firm, green squash
- Hot water
- Butter
- Salt and pepper
- Crown Brand Corn Syrup*

Cut squash through the centre, crosswise, using a strong sharp knife. Remove seeds and fibre; scrape inside of squash thoroughly. If the squash is of the small "Acorn" variety, use one-half for each serving, dotting each half with 1 teaspoon butter, sprinkling with salt and pepper to taste, and spreading with *Crown Brand Syrup* (about 1 tablespoon for each half). Place halves (cut side up) in a shallow baking pan with a small amount of hot water covering the bottom of the pan. Bake in an oven of 375°-400° F. for one hour, having the pan covered for the first half-hour and then uncovered to brown the squash. Serve hot with meat, fish or vegetable plate.

Note: If using the larger "Hubbard" Squash, cut crosswise, then cut in sections suitable for individual servings. Proceed as above.

Variation:

Fill hot, cooked squash halves or sections with hot seasoned vegetable, such as small boiled onions, peas, diced beets, etc.

CHOCOLATE MILK SHAKE

- 1 cup cold milk
- $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon vanilla
- 2 tablespoons Chocolate Syrup

Measure milk and add vanilla. Slowly pour the Chocolate Syrup into milk-vanilla mixture, stirring all the while. (OR—place all ingredients in container with tightly fitting cover, secure cover firmly and shake vigorously). Pour into chilled glass and serve cold. Serves 1. This recipe may be multiplied to serve the required number of persons.

CANNING and PRESERVING

AMBER MARMALADE

- 6 oranges
- 2 lemons
- 1 grapefruit
- 5 quarts cold water
- 4 cups sugar
- 6 cups *Crown Brand Corn Syrup*

Wash fruits, remove peel and cut in very thin slices. Slice pulp thinly and set aside in a covered bowl. Cover peelings with cold water and let stand overnight. Next day bring to boiling point and add sugar and *Crown Brand Syrup* (which have been heated gently together but not allowed to boil). Add also sliced fruit pulp. Cook rapidly, stirring very often, till marmalade gives the jelly test (see Fresh Raspberry Jam for test)—(about $\frac{3}{4}$ hour). Yield: Approx. 5 pints (Wine Measure).

FRESH RASPBERRY JAM

- 2 lbs. or 2 quarts (16 cups) fresh raspberries, cleaned
- $\frac{1}{4}$ pound (1 $\frac{1}{2}$ cups) sugar
- 1 cup *Crown Brand Corn Syrup*

Wash fruit if necessary; reject unsound portions. Combine with sugar and *Crown Brand Syrup* and let stand 1 hour. Mix well and stir over moderate heat until sugar dissolves and mixture comes to a boil. Boil rapidly over high heat, stirring frequently, for 18 to 20 minutes or until thick and clear, and mixture will give jelly test—(2 drops coming together and falling reluctantly from the side of a spoon). Pour into hot, sterilized glasses ($\frac{1}{4}$ " from top). Seal, cool, label, and store in a dark, dry, cool place. Yield: Approx. 3 pints (Wine Measure).

CRUSHED STRAWBERRY JAM

2 quarts (8 cups) whole, cleaned strawberries (4 cups crushed)

- $\frac{3}{4}$ cup sugar
- 2-1/3 cups *Crown Brand Corn Syrup*
- $\frac{1}{2}$ bottle liquid pectin

Wash and hull berries. Mash well; mix with sugar and *Crown Brand Syrup* in preserving kettle. Bring slowly to a boil and boil hard for 10 to 15 minutes, stirring frequently. Remove from fire, stir in pectin; stir and skim. Pour into hot, sterilized glasses and seal. Store in a cool, dark, dry place. Yield: 18 glasses (6 fluid oz.).

FRUIT CHUTNEY

- 6 medium-sized ripe tomatoes
- 6 medium-sized peaches
- 6 medium-sized pears
- 6 large onions
- 3 green peppers
- 2 to 3 tablespoons salt
- 2 cups white wine vinegar
- $2\frac{1}{2}$ cups *Crown Brand Corn Syrup*
- $1\frac{1}{2}$ cups white sugar
- 1 tablespoon pickling spice (in small cheesecloth bag)

Wash, blanch and peel tomatoes and peaches. Chop coarsely, and add coarsely chopped pears and onions. Add chopped green peppers, salt,

vinegar, *Crown Brand Syrup*, sugar, and bag of pickling spice. Place all in a large preserving kettle, mix well, and boil gently for 1½ to 2 hours, stirring occasionally. Remove spice bag and pour mixture into hot sterilized jars. Seal, cool and label. Store in a dark, dry, cool place. Yield: Approx. 4 pints (Wine Measure).

PLUM AND APPLE BUTTER

- 2 pounds tart apples (9 cups cut)
- 1 pound green plums (2 cups cut; well-packed)
- 1½ cups water

- 1-1/3 cups sugar
- 2/3 cup *Crown Brand Corn Syrup*
- Juice and coarsely grated rind of 1 lemon

Wash fruit. Remove stems and blossom ends from apples; cut in pieces and leave skins on. Cut plums; measure. Place all in kettle, add water and boil until tender (10 to 15 minutes). Put through a coarse sieve; add sugar and *Crown Brand Syrup*, lemon juice and rind. Bring to a boil; boil gently until thick and clear, stirring often—(35 to 40 minutes). This recipe thickens considerably when cold. Yield: Approx. 2 pints (Wine Measure).

RENDERING, USING and STORING MEAT and POULTRY FATS

Substitution of Rendered Fats for Butter—See Table of Food Substitutions, page 21.

USES FOR RENDERED FATS:

SUET or BEEF FAT: (1) In sauces instead of butter. (2) If softened by melting with half the quantity of lard, stirring occasionally while cooling to prevent separation, it may be used to replace lard in many recipes.

PORK or BACON FAT: (1) For panfrying potatoes, lean meats, etc. (2) Shortening in pastry, cakes, cookies, etc.

CHICKEN FAT: Shortening in pastry, cakes, cookies, etc., as soon as rendered (without clarifying).

CHICKEN FAT: (From roast chicken) Render, then clarify to remove flavours. Use as shortening for spiced cakes, cookies, etc.

LAMB FAT: Too strong-flavoured to be particularly suitable for cooking.

Notes—1. Use only fats of good flavour. 2. Allow sufficient quantity to accumulate before rendering, to save time and fuel. 3. Cover fats tightly and keep in a cold place. 4. Rendered fats may be combined with ordinary shortening for cooking.

We suggest that you write the Consumers' Section, Dept. of Agriculture, Ottawa, for their wartime folder—"Saving and Using Fats in the Home" which is available without charge.

DEEP FRYING IN MAZOLA

Have sufficient Mazola in kettle to submerge at least 2" the articles to be fried. Do not fill kettle more than three-quarters full of Mazola. After frying is completed, let Mazola cool until it is safe to handle, then strain through several thicknesses of cheesecloth placed over strainer. Mazola may be used over and over again and will not transmit flavour from one food to another.

LUNCH BOXES

The days of the too simple box lunch are over. Our workers and school children require a more satisfying, attractive and appetizing lunch. Be sure that you include:—

1—Fresh Fruit in season, Cooked Fruit or a generous amount of fruit or vegetable juice and (or) Fresh or Cooked Vegetables.

2—An attractive Milk Dish—Milk dessert, Hot Cream Soup, or Milk beverage (plain or flavoured).

SUGGESTIONS FOR

SANDWICH FILLINGS

- Chopped cooked meat mixed with chopped celery and moistened with salad dressing.
- Mashed baked beans moistened with chili sauce or tomato ketchup.
- Equal parts chopped cooked pork tenderloin and chopped raw cabbage, moistened with salad dressing.
- Flaked cooked salmon or other fish, combined with a little lemon juice, finely chopped celery, chopped pickles and chopped raw spinach; and moistened with salad dressing.
- Cottage cheese moistened with Amber Marmalade, or with grape or currant jelly.
- Sliced cooked tongue with thin slices Canadian cheese and a spreading of cole slaw; or with crisp watercress and mayonnaise.
- Crisp lettuce or cress, sliced fresh tomatoes and mayonnaise.
- Chopped hard-cooked eggs, finely-chopped
- celery and a taste of finely-chopped sweet green pepper, combined with salad dressing to moisten.
- Chopped left-over meat loaf seasoned with horseradish and moistened with salad dressing.
- Chopped hard-cooked egg, grated cheese, a little minced onion and chopped parsley or raw spinach, moistened with salad dressing.
- Finely chopped cooked chicken or fowl with a little lemon juice, finely-chopped celery, and mayonnaise to moisten.
- Sandwich paste (meat or fish), grated raw carrots and a little minced onion.
- When available, peanut butter blended with a variety of fillings; cottage cheese, *Crown Brand Corn Syrup*, marmalade, etc.
- Ginger Spice Cake* (recipe p. 2) sliced cold, and put together in pairs with a spreading of cream cheese topped with a layer of tart jelly.

LEFT-OVERS

A careful buyer has few left-overs, but busy-day meals often call for cooking more food than is needed at one meal. These can be used in other recipes. Try to avoid vitamin losses in re-heating foods, for vegetables, fruits, meats, etc., retain more of their food values when re-served cold (in salads, sandwiches, etc.). Use them hot, however, when they are served with nutritious foods such as Cream Soups (see variations of Thin White Sauce—page 16).

Liquid from drained cooked or canned vegetables is delicious when mixed with tomato juice, chilled, seasoned and served as an appetizer, or served hot in soups, sauces and gravies.

Juice from canned fruit can be used in fruit drinks or in recipes such as **Fruit Custard**, p. 11—**Fruit Custard Sauce**, p. 11—**Fruit Sauce**, p. 12—**Fruit Pudding**, p. 11.

GENERAL FOOD AND KITCHEN HINTS

- 1—Use *Crown Brand Corn Syrup* or jam as tasty sweeteners for breakfast cereals.
- 2—Your *Crown Brand Corn Syrup* and jams will keep just as well in the cupboard as in the refrigerator. Leave plenty of space in the refrigerator for real perishables.
- 3—As an antidote for an excessive amount of salt in soups, vegetables, gravies, etc., cook a few slices of raw potato for several minutes in the oversalted food.
- 4—Sections of raw apple in the cake box will keep cakes and cookies moist longer.
- 5—*Paper-saver:* Your baked cake will turn out just as easily if you line only the bottom of the pan with waxed paper. Grease sides of pan, and when cake is cooked, loosen sides with a knife or spatula.
- 6—A little extra salt added to cooked or baked foods helps to make up for less sweetening.
- 7—Guard the freshness and flavour of those more-than-ever-precious spices, by keeping them tightly covered, away from heat and light, and in a dry place.
- 8—To revive old potatoes and make them taste like new—pare, and boil in a mixture of 1/3 milk and 2/3 water. When tender, drain; and mash or cream.
- 9—Fill hot Tea Biscuits (recipe page 8) with *Crown Brand Corn Syrup*, jam, jelly or marmalade; serve for dessert with Canadian cheese.
- 10—*Crown Brand Corn Syrup* pours freely and may be measured accurately if warmed before using.
- 11—Nourishing additions to stock soups: rolled oats, barley, rice, macaroni, noodles, etc.
- 12—Be neighbourly!

COMMONLY USED WEIGHTS and MEASUREMENTS

3 level teaspoons = 1 level tablespoon.

3 level teaspoons = 1 level tablespoon.
1 standard jelly jar contains 6 fluid ounces.

16 level tablespoons = 1 level standard measuring cup.
1 Canadian (Imperial) quart contains 40 fluid ounces = 5 standard 5 oz. cupfuls.

1 American (Wine) quart contains 32 fluid ounces = 4 standard 8 oz. cupfuls

TABLE OF FOOD SUBSTITUTIONS

1 square chocolate (1 oz.)
3 tbsp. cocoa. (If substituting in cake or cookies, add one tbsp. of fat for every 3 tbsp. cocoa).

1 tbsp. Corn Starch (to thicken)
2 tablespoons flour.

1 cup pastry flour (sifted)
1 cup all-purpose flour (sifted), less 2 tbsp.

1 cup all-purpose flour (sifted)
1 cup pastry flour (sifted) plus 2 tablespoons.

1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon baking soda plus $\frac{1}{2}$ teaspoon cream of tartar.

1 standard 8-oz. cup fluid whole milk
 $\frac{1}{2}$ cup canned evaporated milk plus $\frac{1}{2}$ cup water.

1 standard 8-oz. cup fluid whole milk
4 tbsp. powdered milk plus 1 cup water.

1 cup sour milk
1 cup sweet milk with 1 tbsp. lemon juice or vinegar stirred in; or 1 cup buttermilk.

1 cup butter
 $\frac{3}{4}$ to $\frac{4}{5}$ cup fresh or smoked pork or bacon fat, clarified (increase liquid in recipe by $\frac{1}{4}$ cup or more).

1 cup butter
2/3 cup chicken fat, clarified (increase liquid in recipe by $\frac{1}{4}$ cup or more and double the quantity of salt).

1 cup butter
7/8 cup lard, plus double the quantity of salt.

1 cup butter
 $\frac{1}{2}$ cup suet, plus double the quantity of salt, increase liquid in recipe by $\frac{1}{4}$ cup or more.

1 cup butter
7/8 cup beef fat, clarified.

EQUIVALENTS IN WEIGHTS AND MEASUREMENTS

	WEIGHT	MEASURE
Apples, fresh.....	1 lb.....	3 medium (3 cups sliced).
Baking powder.....	1 oz.....	3 tablespoons
Beans, dried.....	1 lb.....	2 cups
Beans, fresh.....	1 qt.....	Sufficient to serve 6
Beans, dried Lima.....	1 lb.....	2 1/3 cups
Beef, raw.....	1 lb. lean.....	Serves 3 to 4, cooked
Bread 1 1/4-lb. loaf.....	15 slices 1/2" thick
" 2 lb. "	24 slices 1/2" thick
" Sandwich loaf.....	36-40 slices 1/4" thick
Bread crumbs, soft.....	1 1/4-lb. loaf	6 1/2 cups (lightly packed)
Butter.....	1 lb.....	3 cups
Cheese cottage.....	1 lb.....	2 cups
" cream.....	4-oz. pk'ge.	8 tbsps. (1/2 cup)
" Can. cheddar.....	3/2 lb.....	2 cups, grated
Chocolate, whole.....	1 oz.....	1 sq. (16 sq. to 1 lb.)
" grated.....	1 oz. grated	1/2 tablespoons
Cocoa.....	1 lb.....	4 1/2 cups
Coffee, ground.....	1 lb.....	5 c., ground. (makes 40 stand. measuring cups of coffee beverage; or between 50 and 55 cups, coffee-cup size).
Corn Starch.....	1 lb.....	3 cups
Cranberries, fresh.....	1 lb.....	About 4 cups
" "	1 bushel.....	32-40 lbs.
Cream, heavy.....	1/2 pint.....	1 c. (2 c. whipped)
Corn Syrup.....	3/5 lb.....	1 cup
or 1 lb.....	1-2/3 cups	
Currants, dried.....	1 lb.....	2-2/3 cups
Egg whites.....	8-11 whites	1 cup
Egg yolks.....	10-14 yolks	1 cup
Eggs, whole.....	4-6 eggs	1 cup
Flour, cake.....	1 lb.....	5 cups, sifted
" pastry.....	1 lb.....	4-4/5 cups, sifted
" all-purpose.....	1 lb.....	4 cups, sifted
" graham.....	1 lb.....	4 1/2 cups, sifted
" whole wheat.....	1 lb.....	3 1/2-4 c., unsifted
Lemon juice.....	1 med. lemon	3 tablespoons juice
Lemon rind.....	1 "	2 " grated rind
Oats, rolled.....	1 lb.....	About 5 1/2 cups
Oatmeal (fine).....	1 lb.....	3 cups
Oils (as MAZOLA).....	1 lb.....	2 cups
Orange juice.....	1 med. orange	1/2 cup juice
Orange rind.....	1 "	2 1/2 T. grated, rind
Peas (in pod).....	1 lb.....	2 to 3 servings (ck'd)
Potatoes, white.....	1 lb.....	3 med. (2-1/3 cups, sliced)
Potatoes, sweet.....	1 lb.....	3 med. (3 c., sliced)
Rhubarb, fresh.....	1 lb.....	4 cups, diced
Rice.....	1 lb. raw.....	2 c. raw (7 1/2 c. ck'd)
Salt.....	1 oz.....	1-3/4 tablespoons
Soda, baking.....	1 oz.....	2 1/2 tablespoons
Spices, ground.....	1 oz.....	4 tablespoons
Spinach, fresh.....	1 lb.....	3 to 4 servings, ck'd
Sugar, brown light.....	1 lb.....	3 c., firmly packed
" " dark.....	1 lb.....	2 1/4 c. "
" powdered.....	1 lb.....	2-1/3 cups
" confectioner's.....	1 lb.....	3-1/3 cups (unsifted)
Sugar, granulated.....	1 lb.....	4 " (sifted)
" lump or loaf.....	1 lb.....	2 to 2-1/3 cups
Tomatoes, fresh.....	1 lb.....	50 to 70 lumps
Vanilla.....	1 oz.....	3 medium
		2 tablespoons

ABBREVIATIONS: Teaspoon—tsp., in t. Tablespoon—tbsp. or T. Cup—c. Cooked—ck'd
Dash of (salt)—1/16 teaspoon.

Oatmeal muffins

1 c quick cooking Oat
1 c low milk
1 egg
1/2 c Sugar
1/2 c rolled oats
1 c flour
1 T B powder
1/2 T soda
salt
375-25 ml



HOUSEHOLD FAVOURITES FOR GENERATIONS

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